
GLAMOUR
Your Happiest Year!
201 New Looks For 2015
Fashion & Beauty Upgrades You'll Need
+
10 ways to love your life, career, relationship, NOW
8 weight-loss ideas that beat a juice cleanse
&
Answered! The Sex Q's You Secretly Asked
Reese!
"I don't do regret"


COVERGIRL®
easy breezy beautiful


COLORLICIOUS
#335
TANTALIZE
Craving rich, satisfying lipcolor + lip butters?
We have your #! Find yours in delicious Plums, Reds, Nudes and Pinks.
Indulge at covergirl.com/colorlicious
#ColorMeCOVERGIRL
COVERGIRL

©2014 P&G


"I WILL NEVER LET A DARK SPOT STEAL MY SPOTLIGHT."
*Tone Perfecting Cream and Tone Perfecting Treatment Dropper.
OLAY
REGENERIST LUMINOUS™
brightening cream cleanser
CLEANSER
OLAY
REGENERIST LUMINOUS™
tone perfecting cream
MOISTURIZER
NEW treatment
Olay Regenerist Luminous Collection with Skin Energizing Complex.* Renews surface cells to even skin tone and reduces the appearance of dark spots. See **bright, pearlescent, healthy-looking skin in just 2 weeks.**
OLAY
REGENERIST LUMINOUS
YOUR BEST BEAUTIFUL™
Your best beautiful begins at Olay.com



New Year's style: Karlie Kloss and her Yorkie, Joe

Bottega Veneta coat, top, pants, bag. **Fred Leighton** earrings. **See Glamour Shopper for more information.**

page 84

PATRICK DEMARCHELIER

Cover Reads & Hot Topics

21 11 Last-Minute Holiday Saves for the Procrastinator in All of Us
Finish your to-do list (*finally*) the shortcut way

27 New Dos & Don'ts for a New Year
Snakeskin, slick buns, sweaters, and sequins!

33 201 New Looks for 2015
Chic outfit ideas (pages 33–40), easy beauty updates (pages 49–55), and all the trends that work for nighttime and beyond (pages 84, 106, and 110)

64 Your Happiest Year!
10 ways to love your life now. Plus relationship clarity (page 72) and career advice (page 74)

73 The Sex Q's You Can Only Ask Anonymously
(Answered!)

92 Reese Witherspoon
The *Wild* star, more open and honest than ever

98 8 Weight-Loss Ideas That Beat a Juice Cleanse
Your best body awaits

Fashion

33 New Year, New Uniform
Exactly what you're going to want to wear now

38 The Month in Outfits
5 casual-chic pieces, 26 ways to mix them

40 The Case for Shopping Your Closet
Even fashion editors wear their old stuff. Here's how

42 "He Made Me the Woman I Am Today"
A supermodel pays tribute to the late Oscar de la Renta

84 New Year, New Look
Karlie Kloss inspires you with spring's biggest trends

106 Vice Girl
Some classics never go out of style. Actress Katherine Waterston demonstrates

110 Meet the Midi
The new midlength skirts are fashion perfection

CONTINUED ON NEXT PAGE



page 110
Just *try* not dancing in these skirts.



page 34
What to wear to work—and everywhere else

Fashion *(continued)*

120 Who Are These Caped Crusaders?
The Dos & Don'ts of the new coat alternative

Beauty

49 Hit Refresh for 2015!
Easy little updates for your favorite beauty looks

54 The Month in Hair
31 street-style ideas: love!

Health

59 No More Birth Control Fails!
Avoid the mother of all contraception mishaps

98 The Body Project
Your best physique ever is happening this year

All About You

64 Have a Happy 2015!
We're not just being polite—here's how you can be sat-is-*fied* now

72 What's Your Sexual Blueprint?
Everyone's got one, and columnist Zosia Mamet says you can change yours for the better

72 What Men Think...
...about masturbation. Yeah, we went there

73 Jake Answers Your Secret Sex Q's
Even the ones you didn't want your name next to

74 Step Into My Office
Girls executive producer Jenni Konner has advice you need to get ahead at work

76 Glamour Women: Eva Longoria
From Texas to Colombia, she's helping teens get an education

78 Are We Ready for a Female President?
A writer revisits the same question he asked 39(!) years ago in *Glamour*

Obsessed!

80 Guy of the Month: Orlando Bloom
Your favorite elf (and cute dad) is back in action

81 Three Cheers for TV's Grown Women
A trend we should *all* be thrilled about

104 A Family Love Story, by Seth Rogen
How his mother-in-law's struggle with Alzheimer's changed the actor's life

Everything Else You Need

12 From Me to You

14 And *You* Said...
Smart women *ruled* our November issue!

18 Glam for All
You need a vacation—your chance to win one is here

67 Hey, It's OK...

116 The Glam
Behind-the-scenes gems from this issue's stories

118 Glamourscope
New year, no problem. Here's your first month, all predicted

119 Glamour Shopper

On Our Cover

Reese Witherspoon was photographed by Matt Irwin in Los Angeles; fashion editor: Laura Ferrara; hair: Serge Normant for Jed Root; makeup: Mai Quynh for Starworks Artists; manicure: Deborah Lippmann for The Magnet Agency; production: Brachfeld; prop stylist: Juliet Jernigan for CLM. For Witherspoon's fresh look, try Revlon PhotoReady Airbrush Effect Makeup ($14), ColorStay Shadow-Links in Copper ($3), and Bold Lacquer Mascara in Black ($8, all at drugstores); and Tresemmé Perfectly UnDone Brushable Hairspray ($5, at drugstores). Narciso Rodriguez dress. Dior cuff. Ruifier ring. See Glamour Shopper for more information. Read all about Witherspoon on page 92.

SKIRTS: **SEBASTIAN KIM.** SCHOOLGIRL TREND: **JAMES RYANG**



CAMPAGNA FINANZIATA AI SENSI DEL REGOLAMENTO CE N. 1308/13
CAMPAIGN SUPPORTED BY REGULATION EC N. 1308/13
Imported by Terlato Wines, Lake Bluff, IL
TerlatoWines.com ©2014 Terlato Wines

Santa Margherita

Exclusively presented by TERLATO WINES

GLAMOUR®
(Incorporating *Mademoiselle*)

CYNTHIA LEIVE
Editor-in-Chief

Creative Director **PAUL RITTER**
Editorial Development Director **SUSAN GOODALL**
Executive Editors **LAUREN SMITH BRODY, WENDY NAUGLE**
Fashion Director **JILLIAN DAVISON** *Executive Beauty Director* **YING CHU**
Executive Digital Director **MIKE HOFMAN** *Senior Entertainment Director* **ALISON WARD FRANK**
Managing Editor **LATOYA N. VALMONT**

FEATURES
Deputy Editor, Articles **SOPHIA BANAY MOURA**
Editor at Large **LIZ BRODY**
Health Editor **DANIELLE KOSECKI** *Articles Editor* **EMILY MAHANEY**
Fashion & Beauty Writer **LAUREN BERNSTEIN** *Assistant Editor* **ASHLEY EDWARDS WALKER**
Editorial Assistants **EILLIE ANZILOTTI, ABIGAIL McCOY, ELLIE SHECHET**

ENTERTAINMENT
Entertainment Editor **KATE BRANCH** *West Coast Editor* **JESSICA KANTOR**
Associate Entertainment Editor **CAITLIN BRODY**

BEAUTY
Deputy Beauty Editor **SIMONE KITCHENS** *Senior Beauty Editor* **MAUREEN CHOI**
Beauty Assistant **VIRGINIA LOWMAN**

FASHION
Deputy Fashion Director **SASHA IGLEHART**
Fashion News Director **JANE KELTNER DE VALLE** *Fashion Market Director* **JESSICA SAILER VAN LITH**
Senior Fashion Editor at Large **LAURA FERRARA** *Bookings Director* **RICHARD BLANDINO**
Accessories Director **GRETCHEN GUNLOCKE FENTON**
Senior Accessories Editor **ELISSA VELLUTO**
Fashion Development Editor **CHRISTINA PÉREZ** *Fashion Writer* **BRITTANY ADAMS** *Market Editor* **REBECCA MALINSKY**
Bookings Editor **AUDRA JONES** *Associate Accessories Editor* **BROOKE ELY DANIELSON**
Fashion Assistants **JESSICA CHOU, AMY HOU, JACLYN PALERMO, TERRENCE PHEARSE II, ZOE WEINER**

ART
Design Director **SARAH VIÑAS**
Art Director **NOAH DREIER**
Associate Art Director **VICTORIA RAVEST** *Senior Digital Designer* **TANIA GUERRA** *Art Assistant* **SARAH EVANS**

PHOTO
Fashion Photo Director **ASHLEY CURRY TALIENTO** *Features Photo Director* **BRIAN MARCUS**
Deputy Editor, Photo Visuals **JULIE STONE** *Senior Photo Editor* **MARTHA MARISTANY**
Photo Manager **JENIFER GOBIE** *Photo Assistant* **DEIRDRE GALVIN**

OPERATIONS
Production Director **KEVIN ROFF**
Copy Chief **TALLEY SUE HOHLFELD** *Research Director* **CHRISTINE MARIE GORDON**
Deputy Copy Chief **STACY COUSINO** *Deputy Research Director* **AMANDA GROOMS**
Art Production Manager **STEVE GEORGE** *Assistant Managing Editor* **JONATHAN BRENDEN CLARK**
Senior Copy Editor **DAMIAN FALLON** *Senior Credits Editor* **DENISE GORDON**
Credits Editor **CHRISTINA DRAPER** *Associate Credits/Reader Services Editor* **MICHELLE MEYERS**

GLAMOUR DIGITAL
Senior Online Editorial Director **ANNE SACHS**
Executive Online Editor **LINDSEY UNTERBERGER** *Senior Online Fashion Editor* **SOPHIA CHABBOTT**
Digital Managing Editor **KAT THOMSEN** *Senior Online Editor* **MARISSA GOLD** *Online Style Editor* **NIKKI OGUNNAIKE**
Online Assistant Editors **JULIANNE CARELL, ANNA MOESLEIN, LINDY SEGAL** *Senior Digital Producer* **MAGGIE MALLON**
Director of Engineering **GERALD KILLEEN** *Senior Product Manager* **ISHANI MUKHERJEE** *Digital Art Director* **NATALIE LONG**
Developers **MICHELLE AUSTRIA FERNANDEZ, SEAN MIZE, GURPREET SINGH** *Digital Producer* **ALYSSA KARAS**

Senior Executive Director of Public Relations **SAMANTHA RATHE**
Public Relations Director **STEFANIE MOHR** *Public Relations Manager* **KATERI BENJAMIN** *Public Relations Assistant* **TEGAN REYES**
Special Projects Director **GENEVIEVE ROTH** *Executive Director of Special Events* **JENNIFER S. PETERS**
Executive Video Producer **LISA RECHSTEINER**
Senior Editorial Business Manager **EILISH MORLEY**
Assistants to the Editor-in-Chief **MICHELLE HAYDU, ALEXANDRA SCHWARTZ**

Contributors **MEGAN ANGELO, KIMBERLY BONNELL, JANE BUCKINGHAM, PATRICK DEMARCHELIER, SHAUN DREISBACH, ELISABETH EGAN (BOOKS), GENEVIEVE FIELD, LINDA KRAMER JENNING (WASHINGTON), RASHIDA JONES, THEODORE LEAF (BEAUTY EDITOR AT LARGE), MARK LEIBOWITZ, ZOSIA MAMET, SHEILA WELLER, KATHARINE O'CONNELL WHITE, M.D., ABBE WRIGHT**

ANNA WINTOUR
Artistic Director


Aveeno
ACTIVE NATURALS
Naturally Beautiful Results®
What goes with everything?
Beautiful skin.
A perfect pair for every style is AVEENO® Daily Moisturizing Body Wash and Lotion. Cleanse and then moisturize for healthier looking skin in 1 day. Exclusive AVEENO® ACTIVE NATURALS® Oat has 5 vital nutrients, naturally found in healthy skin. Because beautiful skin goes with everything.
© Johnson & Johnson Consumer Companies, Inc. 2015
Aveeno
ACTIVE NATURALS
DAILY MOISTURIZING
body wash
helps replenish skin's natural moisture
for healthier looking skin
DERMATOLOGIST RECOMMENDED
Aveeno
ACTIVE NATURALS
daily moisturizing
lotion
clinically proven to relieve dry skin
DERMATOLOGIST RECOMMENDED

GLAMOUR®
(Incorporating *Mademoiselle*)

CONNIE ANNE PHILLIPS
Vice President and Publisher

Associate Publisher, Advertising MARY CONNELLY
Executive Director, Finance & Business Operations CHRISTINE DiPRESSO MORRA

INTEGRATED ADVERTISING SALES
Executive Director, Integrated Sales LORI FROMM
Executive Beauty Directors JANA HOLLINGSHEAD, MEGAN OWSIK LOTTERMAN *Executive Beauty Director* NANCY COOPER
Executive Beauty Director ANDRES GUTIERREZ *Beauty Director* MELISSA CONSORTE
Fashion Director SASHA MARTINEZ *Retail Director* JILL NOVARA *Luxury Director* DAWN REESE
Executive Director, Los Angeles CAROL ANN HAMILL, 323-965-3519 *San Francisco Director* JESSICA ZIMMERMAN HEWSON, 415-955-8263
Midwest Director DAVID POSEGAY, 312-649-3549
Detroit Director KELLIE A. MACALOON, 248-458-3100
Executive Assistant to the Vice President and Publisher MEGHAN COLLEY *Sales Assistants* KAYLA BILLINGS, MARY KATE DENNERLEIN, ALEXA HARVEY, SUSAN KOVAC, LAUREN MILLER, JENNIFER MITKOWSKI, JESSIE SCHWARTZ, VALERIE SIMMONS

DIGITAL ADVERTISING
Head of Digital Sales & Strategy JEFF BARISH
Senior Digital Manager MICHELLE WALKER *Digital Managers* SAMANTHA GROSS, KELLY CONNOLLY
Digital Planner MIRANDA SMYRE *Associate Digital Planner* JULIE GOMBERT *Digital Operations* DANIELLE GUARINO

BUSINESS OPERATIONS
Senior Business Director JENNIFER JACKSON
Business Manager KELLY HWANG *Business Analyst* STACI DORNSTREICH

CREATIVE SERVICES
Executive Creative Services Director JENNY RYAN BOWMAN *Executive Director of Partnerships* LAUREN DREELAND
Senior Beauty Merchandising Director LINDSAY SPEROS *Senior Fashion Merchandising Director* REBECCA BABCOCK
Integrated Merchandising Director MARIANA LEE *Events Director* NINA MCCANDLESS
Associate Beauty Merchandising Director JORDANA BIANCOSINO
Senior Integrated Merchandising Manager AMY LIANG *Associate Partnerships Manager* KELLIE NEBIKER
Digital Promotion Coordinator LESLIE DELMASTRO *Promotion Assistant* DAPHNE TOPEL-SAMEK

MARKETING
Executive Marketing Director GRADY EDELSTEIN
Marketing Director ALEXIS WITT *Marketing Manager* DANIELLE RUBINO

ART
Design Director MIRIAM BLANKENSHIP *Associate Design Director* MELISSA MELNIK POLHAMUS
Digital Director MICHAEL SOLOMON
Junior Designer ANGELO TIRAMBULO

PUBLISHED BY CONDÉ NAST
Chairman S. I. NEWHOUSE, JR.
Chief Executive Officer CHARLES H. TOWNSEND
President ROBERT A. SAUERBERG, JR.

Chief Financial Officer DAVID E. GEITHNER
President, Condé Nast Media Group & Chief Marketing Officer EDWARD J. MENICHESCHI
Chief Administrative Officer JILL BRIGHT
Chief Digital Officer FRED SANTARPIA

SVP-Operations & Strategic Sourcing DAVID ORLIN *Managing Director-Real Estate* ROBERT BENNIS
SVP-Corporate Controller DAVID B. CHEMIDLIN *SVP-Financial Planning & Analysis* SUZANNE REINHARDT
SVP-Business Development JULIE MICHALOWSKI *SVP-Human Resources* JOANN MURRAY
SVP-Digital Technology NICK ROCKWELL *SVP-Corporate Communications* PATRICIA RÖCKENWAGNER
SVP-Technology Operations MALIK ZEGDI *VP-Manufacturing* GENA KELLY
VP-Strategic Sourcing TONY TURNER *VP-Digital Product Development* CHRIS JONES
VP-Human Resources NICOLE ZUSSMAN *VP-Corporate Communications* JOSEPH LIBONATI

CONDÉ NAST MEDIA GROUP
SVP-Corporate Sales Strategy JOSH STINCHCOMB *SVP-Digital Sales, CN & Chief Revenue Officer, CNÉ* LISA VALENTINO
VP-Insights & Brand Strategy DANIELLA WELLS *VP-Marketing Solutions* PADRAIG CONNOLLY
VP-Finance JUDY SAFIR

CONDÉ NAST CONSUMER MARKETING
Executive Vice President MONICA RAY
VP-Consumer Marketing GARY FOODIM *VP-Planning & Operations* MATTHEW HOFFMEYER
VP-Consumer Marketing Promotion GINA SIMMONS *VP-Marketing Analytics* CHRISTOPHER REYNOLDS
VP-Consumer Marketing JOHN KULHAWIK

CONDÉ NAST ENTERTAINMENT
President DAWN OSTROFF
EVP-Chief Operating Officer SAHAR ELHABASHI *EVP-Motion Pictures* JEREMY STECKLER
EVP-Programming & Content Strategy, Digital Channels MICHAEL KLEIN *EVP-Alternative TV* JOE LABRACIO
SVP-Business Development & Strategy WHITNEY HOWARD *VP-Digital Video Operations* LARRY BAACH
VP-Technology MARVIN LI *VP-Revenue Operations* JASON BAIRD
VP-Marketing MEI LEE *VP-Production* JED WEINTROB
VP-Scripted TV GINA MARCHESCHI *VP-Branded Content & Sales Marketing* ANISSA E. FREY
VP-Head of Digital Business Affairs NATALIE MARGULIES

Published at One World Trade Center, New York, NY 10007, 212-286-2860 www.glamour.com

ADVERTISEMENT







CONDÉ NAST
COLLECTION

Shop online for an unparalleled vintage photography collection. Exquisitely printed and framed.

CondeNastCollection.com

Images © Condé Nast Archive. All Rights Reserved.

advertisement

— *the* —
GLAMOURATI

WOMEN MAKING HISTORY BRUNCH

This year, the National Women's History Museum and its Los Angeles Regional Council hosted a star-studded brunch to commemorate the achievements of women and to generate awareness of the importance of preserving women's history.

Sophia Bush, Lesa France Kennedy and Callie Khouri were honored for their philanthropic and professional endeavors, each acting as prime examples of what women can accomplish.



Even: hosts and museum ambassadors Brianna Brown and Ana Ortiz capture the special moment in the Crest 3D White Photo Booth.



Women Making History Brunch honoree Sophia Bush accepting her award and inspiring the crowd with a moving speech.

For more information, head to **nwhm.org**.

Proud Sponsor

Crest 3D WHITE Whitestrips LUXE

© 2015 by Condé Nast. *Glamour* is a registered trademark of Advance Magazine Publishers, Inc.

A Night to Remember

Nothing makes me want to go *big* like our Women of the Year Awards. Here's why.



Robin Roberts got the first standing ovation.



Winner Lupita Nyong'o said, "I'm here because my grandfather... believed in the education of women."



Visali, 13, of India (with Freida Pinto), accepted an award on behalf of girls worldwide.



Honoree Chelsea Clinton's date? Mom Hillary.

We all need to recharge our batteries once in a while—and the most reliable way to do that, for me, is to enter Carnegie Hall for our annual Women of the Year Awards, when gorgeous, gutsy women speak honestly, and from the heart, about how they got where they are. This past November 10, Ambassador Samantha Power took the stage and thanked a work mentor who, 25 years earlier, had given her vital encouragement, a mentor who turned out to be fellow winner Robin Roberts, honored for her journalism and her courage while beating *two* life-threatening diseases. Supermodel Natalia Vodianova, who works on behalf of special-needs kids, dedicated her award to her mother and "all the women out there who stand by their children." Chelsea Clinton urged young students in the audience to pursue their dreams so we can "close the imagination gap" of what women can be. I wish every one of you could have been there with us (go to glamour.com/woty to read the winners' life advice and watch their exclusive backstage interviews with Katie Couric)—but if the spirit of the evening could be summed up in three words, they would be these, from winner Mindy Kaling: *Why not me?* Why shouldn't it be you who breaks a stereotype or helps a child or, yes, even brings world peace? We are all capable of greatness. Happy New Year, everyone!

Cindi Leive, editor-in-chief
@cindi_leive



Jodie Foster, left, introduced "the amazing Laverne Cox."



Amy Schumer saluted the late Joan Rivers.



"When fear knocks, let faith answer the door," advised Roberts.

Designer and honoree Sarah Burton, below right, with *Vogue*'s Anna Wintour





Winner Sylvia Earle, left, with Katie Couric and Keri Russell



Winner Natalia Vodianova, above left, with Arianna Huffington. Right: presenter Karlie Kloss with L'Oréal Paris president Karen Fondu.



Me, with U.S. Ambassador to the United Nations Samantha Power: a world force *and* fun dinner companion



Mindy Kaling accepting her award

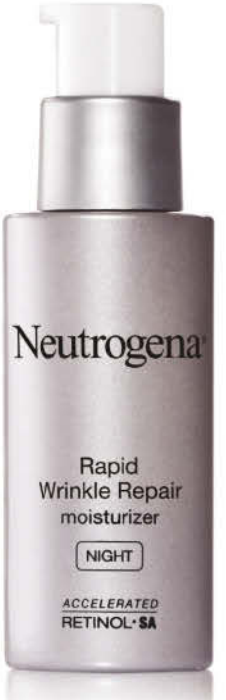
Presenters Stephen Colbert and Bruce Willis with comic James Corden, center

ROBIN ROBERTS ON STAGE: DEIDRE SCHOO FOR THE NEW YORK TIMES. CHELSEA AND HILLARY CLINTON: ROBERTS: VODIANOVA AND HUFFINGTON: NYONG'O: DIMITRIOS KAMBOURIS/GETTY IMAGES FOR GLAMOUR. WINTOUR AND BURTON: EARLE, COURIC, AND RUSSELL: COLBERT, CORDEN, AND WILLIS: LEIVE AND POWER: FOSTER AND COX: CLINT SPAULDING/PATRICKMCMULLAN.COM. KALING: KLOSS AND FONDU: SCHUMER, PINTO AND VISALI: LARRY BUSACCA/GETTY IMAGES FOR GLAMOUR

The wrinkle cream graveyard.
When it doesn't work fast,
you're on to the next thing.

Results in 1 week.





Neutrogena® Rapid Wrinkle Repair®

With Accelerated Retinol SA, the fastest retinol formula available, it's clinically proven to work on fine lines and wrinkles in just one week.*

This one's a keeper.

Neutrogena®

#1 Dermatologist Recommended Skincare

*Greater improvement on fine lines.

© Neutrogena Corp. 2014

Smart Women, Represent!

You loved the role models in our November issue. Here's why....

Best issue of @glamourmag ever! Poring over every page, love Jessica Chastain's interview. Seriously amazing!
—Valerie Freeman, via Twitter

Seeing a cover star talk about confidence and professional success was a delight. And as a young woman moving toward a career in computer science, I found reading about women in tech ["Secrets of Silicon Valley"] to be so useful. I'm really glad *Glamour* is uniting coverage of different parts of women's lives—because it shouldn't feel antiestablishment to care about salary negotiation tactics *and* hair products. *—Maya H., Yakima, Wash.*

It was so motivating to see successful women in the STEM field. As the only female in my Web design class, I was feeling discouraged, but your story inspired me to continue my studies in the tech field. *—Tiffany Kyall, Virginia Beach, Va.*

I was thrilled for the women you featured in "Secrets of Silicon Valley," but it left me wondering, What about people like me, who are more uncertain about their path? I'd love to read about those messier times in life, when everything seems to blow up and you don't know what to do or even who you are—and how to collect the valuable bits and be proud of yourself, today, and figure out your next move. *—Jené Jacobson, Nashville*

We hear you, Jené! See page 64 to read how some women are finding fulfillment in their lives.



"Gorgeous and awesome!" reader Allie Jenkins tweeted about cover girl Jessica Chastain.

BODY TALK GOT YOU TALKING

Thank you for "How Do You Feel About Your Body?" I was so frustrated to learn so many women *don't* feel good. I'm shocked that the average woman spends nearly four and a half hours a day online, and more than two hours on social media alone. Delete the apps from your phone, even just for a while. I did—it *is* OK. As author Brené Brown writes: "Comparison is the thief of happiness." Be kind to yourself! *—Nicole Ellithorpe, Houston*



More Body Image Inspiration!

Readers were also moved by Demi Lovato's wisdom in our sister publication *Glam Belleza Latina:* "You'll never be able to see how beautiful you really are until you're able to accept yourself, and a lot of it comes from loving yourself," she says. "You have to take time out of your day to tell yourself you're beautiful—you're a rock star." Love that!



Where Has Your *Glamour* Been?

"Two weeks in Sydney and Melbourne on a glamorous, life-changing vacation!"
—VONDA BURRELL (HOLDING MAGAZINE), VALLIANT, OKLA., WITH FRIENDS LISA WILKINSON, TRICIA HALL, AND TRUDY BROWN-FIELDS

Gone someplace special with your Glamour*? Send or tweet us a photo! See details below.*

AND ELSEWHERE IN THE ISSUE...

"How I Finally, Really, Truly Got to Know My Sister," by Lena Dunham, was absolutely beautiful. What a touching feature about love between sisters, between women, and acceptance. *—Gabriella Corado, Groton, Conn.*

I'm currently awaiting my boyfriend's return from Afghanistan; he was deployed roughly six months ago. Being with someone in the military is by no means easy; it is, however, incredibly easy to feel alone and stressed. It was nice to know that others have fought the same battle and, in the end, have emerged victorious. Anna Chlumsky's article ["The Actress and the Soldier"] was both comforting and inspiring—thank you for a beautiful love story! *—Rachel Robinson, Milledgeville, Ga.*

GOT AN OPINION? Sure you do—and we want to hear it. Email us at letters@glamour.com; tweet to @glamourmag; comment on glamour.com or facebook.com/glamour; or write us at *Glamour,* One World Trade Center, New York, NY 10007. Submissions and comments become the property of the magazine and won't be returned; they may be edited and can be published or otherwise used in any medium.

CHASTAIN: **TOM MUNRO.** WHYGB: COURTESY OF SUBJECT


COVERGIRL®
easy breezy beautiful
KATY PERRY
NEW
FULL LASH
BLOOM
MASCARA
LASHES SOFT & FULL
AS A FLOWER,
NOT STIFF OR SPIKY.
FULL LASH bloom
get the look @covergirl.com
Katy blooms in Full Lash Bloom in Very Black.



Looks Like Heaven, Right?
Visit glamour.com/win for your chance to score a stay at the dreamy Ladera Resort on St. Lucia.



ESPADRILLES!
Soudos x Glamour ($65)

STILLS: **TIM HOUT**; STYLIST: JODY COOK. ST. LUCIA: COURTESY OF LADERA

Need a Vacation? Here's Your Chance to Win One

Plus, our exclusive items are must-packs for any trip.



AN AIRY COVER-UP
Lemlem dress ($147, with code "Glamour")



AN EARTHY RING
Tiklari ($56)



WRIST BLING
Holst + Lee
bracelet ($99)

Cozying up by the fire? Yeah, kind of over it. So we've enlisted a few of our favorite designers to bring you some sunshine in the form of five exotic, exclusive-to-*Glamour* vacation (or staycation) essentials—see 'em all here. And in case you're in dire need of a little *actual* R and R, now's your chance to win a four-night stay at the Ladera Resort, above, on the gorgeous Caribbean island of St. Lucia. For details on how to enter the sweepstakes and where to snag these specially priced Glamour for All pieces, visit glamour.com/getawayshop.



BEADED CUTENESS
Mara Hoffman
pouch ($98)

NO PURCHASE NECESSARY.
Visit shoplatitude.com/sweepstakes to enter and see full rules. Begins 11/21/14 at 12:01 A.M. ET and ends 12/26/14 at 11:59 P.M. ET. Open only to legal residents of the 50 U.S./D.C. who are at least 18 years old as of the date of entry, except employees of Sponsors, their immediate family members, and persons residing in the same household. Void outside the 50 U.S./D.C. and where prohibited. Odds of winning depend on the number of eligible entries received. Package valued at $9,420.

burtsbees.com

BURT'S BEES



— UNCAP FLAVOR —

From Wild Cherry to the original Beeswax with Peppermint,
discover all the naturally moisturizing flavors of Burt's Bees® Lip Balm.



SKECHERS
PERFORMANCE
DIVISION



Skechers GOwalk, built from the top to the bottom with lightweight and flexible materials that allow your foot to flex and move naturally. It's the perfect walking shoe.

skechersGOrun.com

skechers
GOwalk®

11 Holiday Hacks (for the Procrastinator in All of Us)

This issue is all about getting ready for 2015. But if you still have a few *December* to-dos to cross off your list, we have some shortcuts!

By Brooke Kosofsky Glassberg and Julie Vadnal



1 OK, People: If You've Waited, Today Is the Day to...

Make a note: These are your drop-dead holiday-prep dates.

...Book Travel

December 9–10

Get on it now: Tuesday and Wednesday are the cheapest days to book, and you don't want to wait another week, says Reid Bramblett of reidsguides.com; airfares start climbing on December 15.

...Buy Personalized Cards

December 12

Order picture cards today on minted.com for three-day delivery, and you'll receive them in time to mail by Christmas, no sweat.

...Order Groceries

December 16

Shop for any last-minute Hanukkah groceries on instacart.com (in 15 cities), and they'll be delivered in just a few hours. (For Christmas Eve, order up to the morning of the 24th.)

...Send Cards

December 20

The U.S. Postal Service says to drop those envelopes in the mail today, by the latest, if you want friends and family to receive your cards by Christmas. (Mail by December 11 for Hanukkah delivery.)

...Ship Presents

December 22

If you'd like your gifts to arrive by Christmas Eve, try UPS 2nd Day Air today. (For Hanukkah, ship by December 12.) Want no-cost shipping? Buy a gift at one of the 550 stores participating in Free Shipping Day (see freeshippingday.com) on the 18th—it's guaranteed to arrive by Christmas Eve.

...Rent a New Year's Dress

December 29

Select your New Year's Eve look on renttherunway.com today, and you can have it by 8:00 P.M. on December 30. Happy New Year indeed.



Rifle Paper Co. card ($4.50, riflepaperco.com)

CHRIS CRAYMER

2 The 5-Minute Answer to a Chipped Mani

Need to touch up your nails before a party? Manicurist Madeline Poole suggests patching the tips with a festive snowfall design. Dip a toothpick in white polish (Sally Hansen Miracle Gel in Get Mod, $10, at drugstores), dot along tips, and fade out to the cuticle. Pretty.

CONTINUED ON NEXT PAGE



Lelet NY hairpin ($92, leletny.com)

3 Holiday Hair (in Just 5 Minutes)

A dramatic part and a little sparkle can instantly take your basic everyday blowout into night, says Glamour *beauty editor at large Theodore Leaf. Hit the office bathroom at 5:55, and you'll be ready for a party at 6:00.*

The Down-Low: Shoot dry shampoo from about halfway down hair through to the ends, for texture. Create a deep side part, and brush hair to one side. Clip on a sparkly bobby pin for extra glam. Finish with hairspray. Works on short hair too!

4 How to Wrap a Gift (When You're Out of Gift Wrap)

Designers tell you how:



The Pro: Kelly Wearstler

The Tools:

Paint + Craft paper + String

Wearstler used art supplies to make this "refined" look: Splatter paint onto craft paper. Let dry. Wrap gift in painted paper. Wind string around box.



The Pro: Misha Nonoo

The Tools:

Cooking magazine + Strings cut from tea bags

Nonoo found a way to use her old food mags: Tape together a few pages; wrap gift. Top it off with a tea-string bow ("a nod to my British heritage," she says).



The Pro: Lela Rose

The Tools:

Newspaper + Bright rubber bands

Rose made her box special with leftover rubber bands from a craft project she'd been doing with her son, Grey: Wrap a box in today's front page. Snap colorful bands over top. Playful!



Deux Lux clutch ($105, deuxlux.com)

Piperlime earrings ($28, piperlime.com)

Leon Max Collection dress ($398, maxstudio.com)

Guess heels ($99, select Lord & Taylor stores, 800-348-6940)

5 Three Instant Party Looks

You're out of time to shop for a different dress for every occasion, so remix a basic little *blue* dress—as versatile as black—for wherever you're going.

1. FOR NEW YEAR'S EVE...
Just add one or two gold accents (see right). Very glam.

2. FOR AN OFFICE PARTY...
The three B's make it business-y: Black blazer. Black tights. Black ankle boots.

3. FOR A FAMILY GATHERING...
Dress it down: Belt a cardigan over the top; add knee-high boots.

6 Need to Bring Dessert? This Takes Only 10 Minutes to Make!

So you promised to bring something sweet but haven't had a sec to prepare. Christina Tosi, chef, founder, and owner of Momofuku Milk Bar, has got your back with these **Mint-Chocolate Cereal Squares**—a modern take on Rice Krispies Treats. To make: The night before, toss a bag of **mini chocolate chips** into the freezer. In a large heat-safe bowl, melt 2 tbsp. **unsalted butter** and 2½ cups **mini marshmallows** in the microwave until they're puffed and softened, about 2 minutes. Stir until smooth. While still warm, mix in 3 cups **Golden Grahams,** ½ cup chocolate chips, ½ cup crushed **candy canes,** and ¼ tsp. **kosher salt;** combine well. Spread and press mixture into a 6" x 6" nonstick pan. Let cool while in transit (at least 10 minutes). Cut into nine 2-inch squares upon arrival.

STILLS: **TIM HOUT;** STYLIST: RENATE LINDLAR. HOLIDAY HAIR: ANTONELLO TRIO/IMAXTREE.COM

CONTINUED ON NEXT PAGE


LET THEM
MIX UP
LUNCH
TIME TOO
CHICKEN POPPER
KABOBBLES™
Lunchables with Smoothie
NEW
ka·bob·bles
build it your own way!
lunchables.com
Lunchables with Smoothie Kabobbles™ lets them mix up their favorite foods
© 2014 KRAFT Foods

7

Party-fy Your Place (in 15 Minutes or Less)

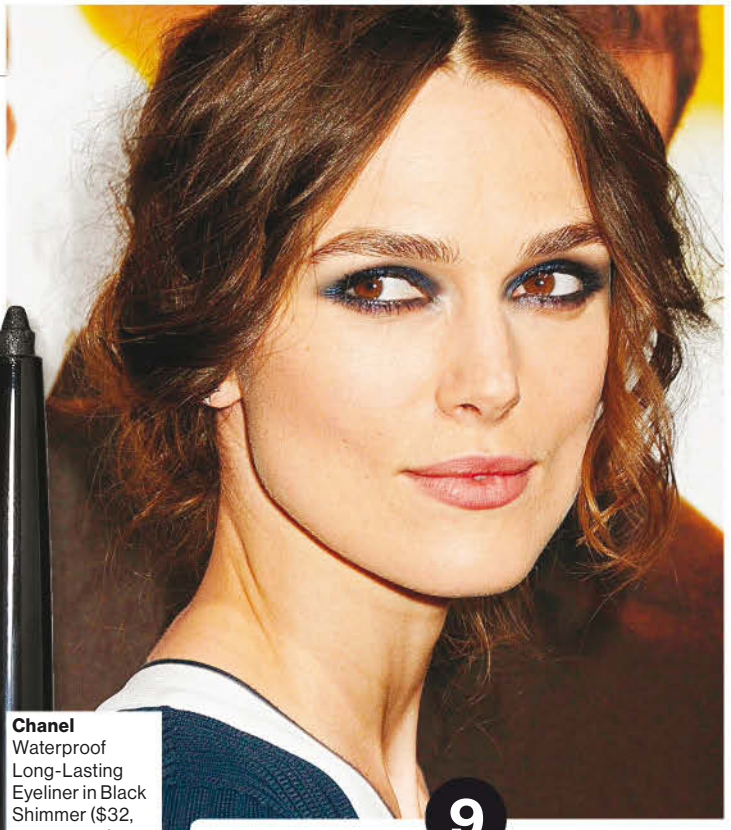
Pull out your box of holiday decorations and follow this plan, devised by designer-stylist (and Target home style expert) Emily Henderson.

First: Hang jewel-toned glass bulb ornaments on your doorknobs, a chandelier, even on shower curtain hooks. (Takes three minutes.)

Second: Wrap a strand of white lights around the medicine cabinet in your bathroom or around artwork in your living room. (Takes five minutes.)

Third: Make a glowing candle centerpiece: Cluster white and gold candles and candleholders (a nice mix: Threshold Pillar Candlesticks, $15 to $18; Nate Berkus Glass X Candleholder, $13; and Threshold Mercury Glass votive holders, $5; all at Target) on your table, mantel, or in a non-working fireplace. Light. (Takes five minutes.)

Fourth: Hit mute on the TV and then play a classic like *How the Grinch Stole Christmas.* (Takes two minutes.) Done. Low effort, high impact!



Chanel Waterproof Long-Lasting Eyeliner in Black Shimmer ($32, chanel.com)



Chanel Rouge Allure Velvet in La Romanesque ($35, chanel.com)

8

Your 2-Ingredient Party Cocktail

No hostess wants to be a slave to the bar all night. Karen Mordechai, author of *Sunday Suppers: Recipes + Gatherings,* has an alternative to time-consuming cocktails: a quick, easy Prosecco punch! It's delish.

1 cup chilled pomegranate juice + **1 bottle** chilled Prosecco

Combine both in a large pitcher. (Double or triple the recipe as necessary.) Serve chilled or over ice in cocktail glasses with an optional sprig of thyme for garnish.

9

Freshen Up Your Makeup (in Just 3 Minutes)

When you're in a hurry, makeup artist Lisa Eldridge suggests highlighting only one feature instead of stressing over an entire face of makeup. Pick your poison:

Eyes, please! For a lightning-fast smoky eye: Work a long-wearing eye pencil just above your top lashes. (You can be a bit messy.) Smudge with a Q-tip or finger. Repeat along lower lash line. Add mascara.

Lips, please! For a bold, won't-fade lip: Apply a rich berry or red lipstick. Blot. Create shape with a pencil in a similar shade—buff on in light circular motions. Finish with a bit more lipstick on top. *Mwah!*

10

How to Pack Your Purse for Party Season

Erin Walsh, the stylist who dresses Kerry Washington, shares a few things every woman should consider slipping in her purse now. Life-changing.

Fancy tights: Change out of opaque tights and into textured or lacy ones. Voilà! Work dress: party-ready.

Stacking rings: Yet another way to elevate a day-to-evening dress, says Walsh. "I keep a few in the zippered compartment of my purse."

Bobby pins: If winter weather is a bitch, you've got what you need, she says, to "sweep your hair into a chignon in the car."

Tarte Cheek Stain ($30, tarte.com): It's the best multitasker: Dab a little on your lips and cheeks. "It instantly brightens things up," says Walsh.

Almonds: "Perfect if you won't have time to eat beforehand or between events." No drinking on an empty stomach!



Cynthia Rybakoff rings ($54 for three, cynthiarybakoff.com)

11

Last-Minute Gifts (for $20 and Under)

Celebrity stylist Zerina Akers is shopping for you. You could even buy these in multiples.

For a friend or sister: An inspirational book like *The Four Agreements* or *The Secret* ($8 and $14, amazon.com). "They're simple reads that provide a basic understanding and awareness of self."

For a boss or colleague: A small, soothing candle like Nest Fragrances Votive Candle in Moss & Mint, for the office cube or hotel, if they travel for work ($14, neimanmarcus.com). Also good: a Moleskine pocket notebook ($13, shop.moleskine.com).

For an aunt or cousin: A smells-so-good shampoo like Georgia by Jodie Patterson in Rosemary ($20, doobop.com). "Its aroma soothes the soul!"

For a neighbor, kid's teacher, or any gift exchange: A luxe hand cream, because "everyone wants soft hands," Akers says.



FarmHouse Fresh Body Milk Lotion in Ginger Sorbet ($14 for 2.4 oz., farmhousefreshgoods.com)

RINGS: **CATHY CRAWFORD;** STYLIST: JODY COOK. LIPSTICK: **WORLD PICTURE SERVICE.** ALL OTHER STILLS: **TIM HOUT;** STYLIST: RENATE LINDLAR. KNIGHTLEY: SIPA/WENN.COM



BY STEFANO TONCHI

An in-depth look at W's most arresting fashion features.

With a foreword by Miuccia Prada
Plus an exclusive online access code for five fashion films
by Steven Klein, Tim Walker, Steven Meisel, and more

AVAILABLE WHEREVER BOOKS ARE SOLD

ABRAMS
THE ART OF BOOKS SINCE 1949

Off the Rack *to* Off the Runway.

Change for the better.
Switch and you could save with GEICO.



geico.com | 1-800-947-AUTO | local office

GEICO®

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image ©1999-2014. © 2014 GEICO

Dos & Don'ts

Edited by Ashley Edwards Walker & Julie Stone



Do

Leave it to Kate Moss to completely nail it. She pairs this Gucci coat with an LBD, but it'd work well with an L-*Any-Color*-D, as long as the lines are simple.



Don't

Snakeskin is on the busy side, so Don't make it busier with girly sequins and tulle.

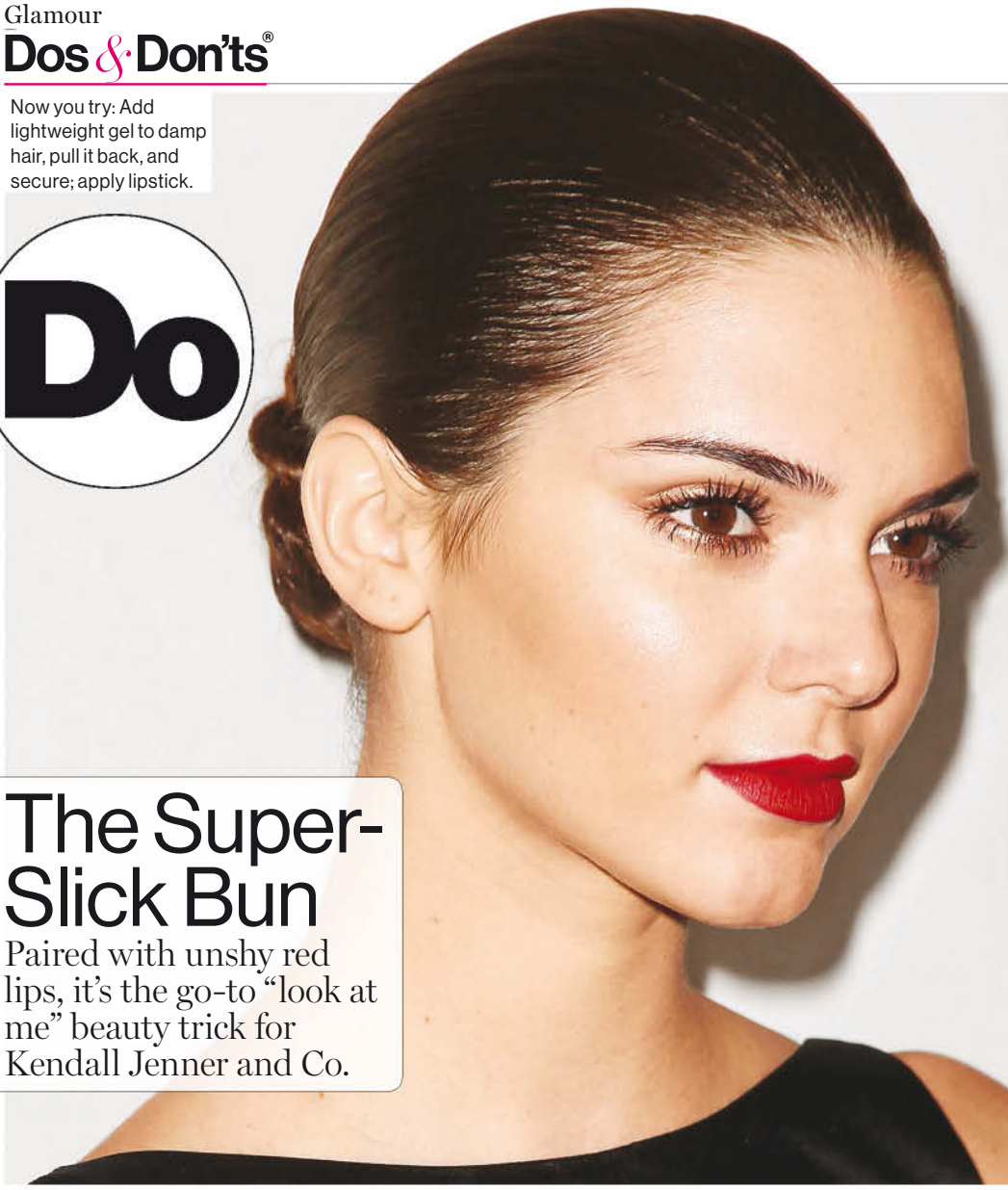
Snakeskin Goes Chic!

This winter everyone's slinkin' around in your new neutral: snake print. Make it a Do!

MOSS: VENTURELLI/GETTY IMAGES FOR GUCCI. DON'T: DAVE M. BENETT/GETTY IMAGES

Now you try: Add lightweight gel to damp hair, pull it back, and secure; apply lipstick.

Do



The Super-Slick Bun

Paired with unshy red lips, it's the go-to "look at me" beauty trick for Kendall Jenner and Co.



Feeling flirty? Swap the red for pink like Olivia Munn does here.



The supermodel take includes lots of edgy earrings, à la Joan Smalls.



Sienna Miller is proof that a touch of eyeliner gives it an Old Hollywood vibe.



The "modest" version, by Emmy Rossum: Mostly everything's covered.

Deeeep Cleavage: a Do!

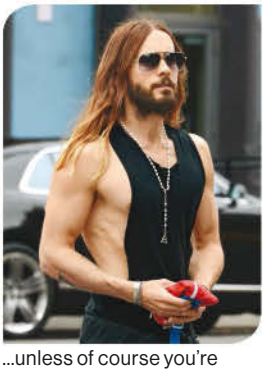
Just don't forget the double-sided tape—this is one Do that can turn into a Don't, like, *real fast*.



Christian Serratos goes a bit bolder (this is where the tape comes in handy).



But if you're seeing skin on the bottom *and* top, it's an overexposed Don't...



...unless of course you're Jared Leto, from whom we welcome all nip slips.

JENNER: AMANDA SCHWAB/STARTRAKSPHOTO.COM. MUNN: GREGG DEGUIRE/WIREIMAGE. SMALLS: TIBRINA HOBSON/GETTY IMAGES. MILLER: THOMAS CONCORDIA/WIREIMAGE. ROSSUM: JASON KEMPIN/GETTY IMAGES. SERRATOS: JEROD HARRIS/WIREIMAGE. DON'T: STEVE GRANITZ/WIREIMAGE. LETO: TOM MEINELT/SPLASHNEWS. SWIFT: KEVIN MAZUR/GETTY IMAGES FOR SIRIUSXM. CHUNG: PACIFICCOASTNEWS. DUNN: RAYMOND HALL/GC IMAGES. ZELLWEGER: JON KOPALOFF/FILMMAGIC. SURVEY DATA COLLECTED FROM 269 WOMEN AGES 18–44, OCTOBER 30, 2014, USING SURVEYMONKEY AUDIENCE



Taylor Swift balances her swingy metallic version with a fitted turtleneck.



Thank you, Alexa Chung, for work-outfit inspiration: cable-knit plus sparkle. So good.



With all black, Jourdan Dunn's sequins are (almost) demure.

Do

Shiny Skirts for Day?

You already love this trend for night. Now, with a basic top, shimmery skirts are a 24/7 Do.

The New Plastic Surgery Denials: Do? Don't? Discuss!



Zellweger this fall

When Renée Zellweger returned to the spotlight after a four-year Hollywood hiatus looking noticeably...different, fans and websites went nuts. What *had* our beloved Bridget Jones done exactly? Like many celebrities, Zellweger played it coy, saying, "I'm living a different, happy, more fulfilling life, and I'm thrilled that perhaps it shows." In other words, she wasn't telling, which raises a question: Is a celeb's keeping her "work" secret a basic privacy right, or does it perpetuate unrealistic beauty standards for the rest of us? We asked 250-plus women to weigh in on whether celebrities should have to come clean.

STAYING MUM IS A *GLAMOUR* DO! "It's no one's business [if she had work done]. A person's celeb status does not require them to give details on *any* aspect of their private life." *—Patricia L. Akram, Chesterfield, Mo.*

IT'S A *GLAMOUR* DON'T! "I work in the beauty industry, and my clients and I look to celebrities for image inspiration. When they are candid about plastic surgery, it helps us keep things in perspective." *—Nicole Cadena, Macomb, Mich.*

THE VERDICT: 89% of women polled say celebrities have every right to keep us guessing when it comes to altering their appearance.

Anatomy of a Do

Yes, you can wear florals in January. Exhibit A: Miranda Kerr, who winterizes hers with hits of leather. Take notes!

#1 THIS JACKET

The moto has been back for a few seasons now. What's new here? The sharp shoulders and stiffer feel of Kerr's modern Balmain version.



To get her look: **Bisou Bisou** faux-leather jacket ($72, jcpenney.com)

GLAM HINT

Switch out the leather jacket for any number of pieces—let your mood dictate the topper. A cardigan takes the look in a sweeter direction; a schoolboy blazer makes it preppy for work.

#2 THAT BAG

Jumpsuits can be playful or polished—it all depends on your accessories. The structure of Kerr's Samantha Thavasa bag is the secret to making her outfit meeting-appropriate.

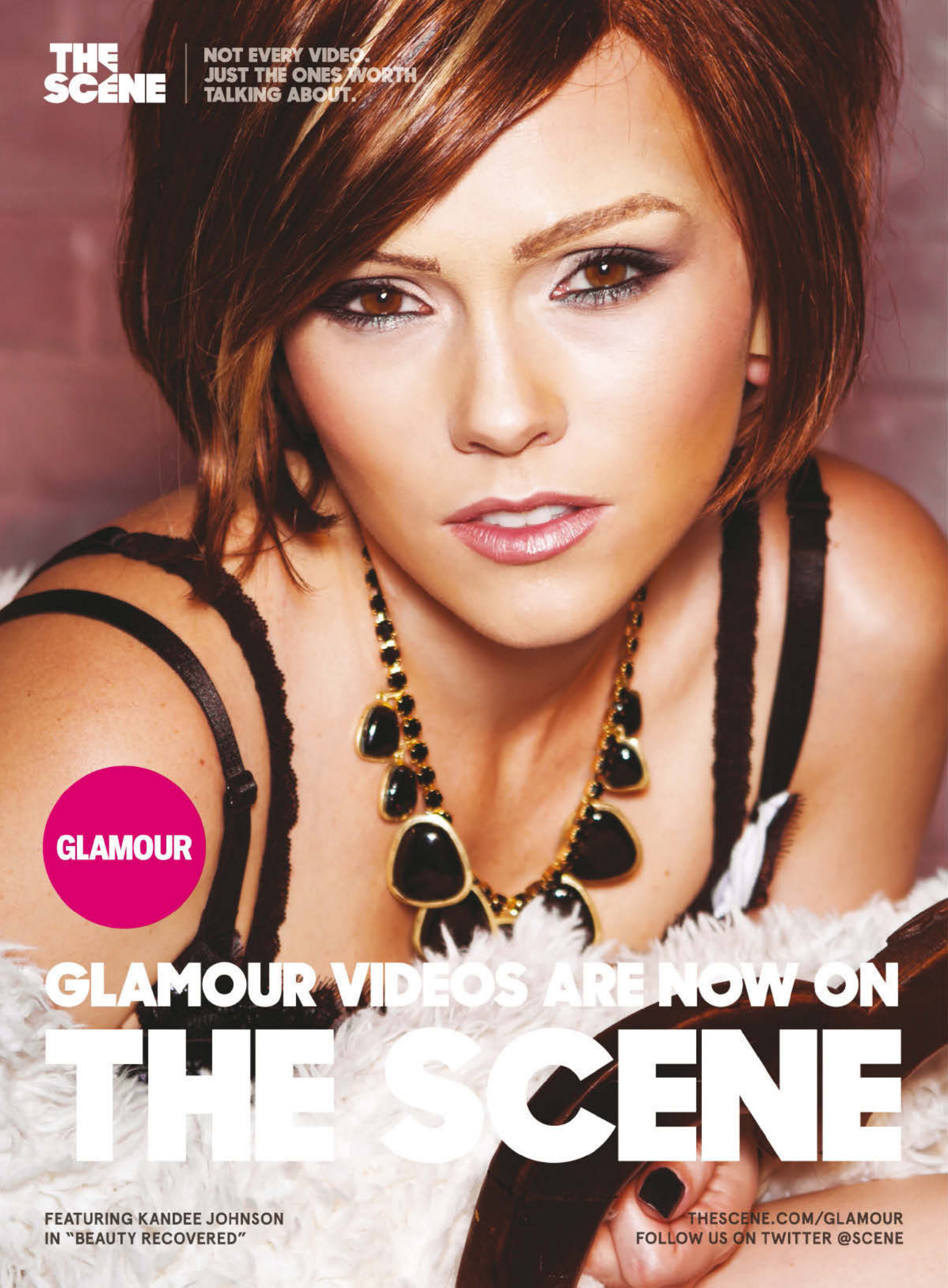


To get her look: **Danielle Nicole** bag ($98, amazon.com)

#3 AND...HER ROMPER

The most universally flattering versions are dark and tailored all over, and hit just above the ankle. Skip a belt if you're layering—too busy.

KERR: HAN MYUNG-GU/WIREIMAGE. JACKET: **TIM HOUT**; STYLIST: SALLY PENN


THE SCENE
NOT EVERY VIDEO.
JUST THE ONES WORTH
TALKING ABOUT.
GLAMOUR
GLAMOUR VIDEOS ARE NOW ON
THE SCENE
FEATURING KANDEE JOHNSON
IN "BEAUTY RECOVERED"
THESCENE.COM/GLAMOUR
FOLLOW US ON TWITTER @SCENE


Some see a crosswalk.
I see starting blocks.
I C9.
in a snap.
Shop this ad instantly, download the in a snap app.
Download on the App Store
by Champion
ONLY AT TARGET
©2014 Target Brands, Inc. The Bullseye Design is a registered trademark of Target Brands, Inc. 124308 ©2014 Hanesbrands, Inc. All rights reserved. C9 and C9 by Champion are trademarks of HBI Branded Apparel Enterprises, LLC.

New Year, New Uniform

Streamline your wardrobe. We have ideas!



Her Look Decoded

"I have always loved uniforms; as a child I would wear one even though my school didn't require it," says New York City actress and model Camilla Deterre, 23. "I think having a basic set of simple pieces that all work together is a relief!" A perfect peacoat and jeans can go practically anywhere.

Gucci jacket, sweatshirt, scarf, clutch. **The Row** jeans, $550. **Albertus Swanepoel** cap, $225. **Jennifer Fisher** bracelets, $210 each. **See Glamour Shopper for more information.**

HAIR: JOSEPH MIANO; MAKEUP: SANDRINE VAN SLEE FOR ART DEPARTMENT

PHOTOGRAPHS BY JAMES RYANG; FASHION EDITOR: JESSICA SAILER VAN LITH

Shop the Trends



Your How-to
Cuff your sleeves so you don't look too prim.

Jil Sander vest, $580, shirt, $480, skirt, socks, heels, $895. **Jennifer Fisher** bracelets, $210 each. **Hermès** bag. **See Glamour Shopper for more information.**

Smythson organizer (smythson.com) W

Vince Camuto blouse ($79, vincecamuto.com) W D R

Theory pants ($295, select Theory stores, 877-242-3317) W D

Tom Ford Lip Color Matte in Black Dahlia ($50, tomford.com) W D

Tibi loafers ($385, tibi.com) W D R

Jones New York blazer ($149, select Lord & Taylor stores, 800-348-6940) W D

Ben-Amun by Isaac Manevitz bracelet ($320, ben-amun.com) W D

Classics 101

The sophisticated schoolgirl look is having a moment. Blazers, button-downs, yes!

Glam Guide
We love it for...
W Work
D Dates
R Relaxing

JAMES RYANG; HAIR: JOSEPH MIANO; MAKEUP: SANDRINE VAN SLEE FOR ART DEPARTMENT. STILLS: **TIM HOUT;** STYLIST: SALLY PENN

AIR OPTIX® COLORS
contact lenses

You change your style.

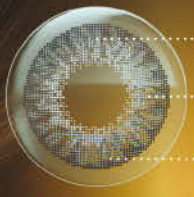
Why not your eye color?

BEFORE

AFTER

NATURAL BEAUTY + CONSISTENT COMFORT[1]

3-in-1 Color Technology



Virtually try on your perfect color and get a free* trial offer at AIROPTIXCOLORS.COM

Sofia enhanced her eye color with STERLING GRAY



PERFORMANCE DRIVEN BY SCIENCE™



9 colors available

*Eye exam may be required. Professional fees may apply. At participating offices.

Important information for AIR OPTIX® COLORS (lotrafilcon B) contact lenses: For daily wear only for near/far-sightedness. Contact lenses, even if worn for cosmetic reasons, are prescription medical devices that must only be worn under the prescription, direction, and supervision of an eye care professional. Serious eye health problems may occur as a result of sharing contact lenses. Although rare, serious eye problems can develop while wearing contact lenses. Side effects like discomfort, mild burning or stinging may occur. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor.

Reference: 1. Alcon data on file, 2012.

Ask your eye care professional for complete wear, care and safety information.

Alcon
a Novartis company

© 2014 Novartis 8/14 AOC14185JAD

#AIROPTIXCOLORS

Rx only

Shop the Trends



Your How-to
Skip the combat boots and opt for feminine, pointy flats.

Marc Jacobs shirt, skirt, bag. **Tabitha Simmons** flats, $675. **See Glamour Shopper for more information.**

Dannijo cuff ($148, dannijo.com)
W D R

J.Crew Collection sweater ($198, jcrew.com)
W D R

Marissa Webb skirt ($425, intermixonline.com); **Michael Kors** belt ($295, select Michael Kors stores, 866-709-5677)
W D

Trademark tote ($498, trade-mark.com)
W

3.1 Phillip Lim flats ($395, 3.1 Phillip Lim, NYC, 212-334-1160)
W D R

Guerlain Khôl Me Kajal eyeliner ($39, nordstrom.com)
W D

Madewell jacket ($188, madewell.com)
W D R

Glam Guide

We love it for...

W Work

D Dates

R Relaxing

Olive, Anyone?

Army green is the new go-to neutral. Mix with earthy colors (or brights) all year.

JAMES RYANG; HAIR: JOSEPH MIANO; MAKEUP: SANDRINE VAN SLEE FOR ART DEPARTMENT. STILLS: **TIM HOUT;** STYLIST: SALLY PENN

advertisement

JANUARY notebook

LOVE WHAT YOU SEE!

With New Palmer's Skin Therapy Oil Face. The unique ingredient combination helps improve the appearance of the most troubling signs of aging so you can put your best face forward. **Palmers.com**



BYE, BYE INGROWN HAIRS AND RAZOR BUMPS!



Tend Skin® Liquid reduces the appearance of ingrown hairs and razor bumps caused by shaving, waxing, electrolysis or laser hair removal. For free samples ($2.75 shipping) call **1-800-940-8423** or **Tendskin.com**, click Tend Skin Sample Offer. Beauty Salons, Duane Reade, Ulta, Shoppers Drug Mart, Walgreens and soon in Target.



EMBARRASSED BY BAD BREATH?

Completely eliminate bad breath 24 hours a day and never be embarrassed by bad breath again! Breath Appeal's unique formula eliminates bad breath at its source giving you a cleaner, healthier mouth and the confidence you deserve. Visit **www.breathappeal.com** or call **1-800-300-3910**. Use coupon GLAM10.

CARMEX

©2014 Carma Labs Inc.

Don't hide.



Hide your cold sore while you treat it.

Only new **Carmex® Cold Sore Treatment** works on contact to block pain and itch while minimizing the appearance* of your cold sore.

Keep it on hand so you're always prepared to go from sore to smile in an instant.

New!

relieves pain & itch

minimizes appearance

immediate results



* When used to help conceal. Individual results may vary.

For treatment of symptoms associated with cold sores. Product does not treat viral infections. For external use only. Use as directed.

Less sore. More smile.™

Get a coupon now at carmexcoldsore.com/glam

The Month in Outfits

Need wardrobe ideas for the New Year? Stylebop.com fashion director Leila Yavari serves up a month's worth of casual-chic inspiration using five updated staples.

ITEM 1: SWEATERDRESS



1

Topshop ($85, topshop.com)

2

I love head-to-toe knitwear. The key is playing with texture, like a pared-down sweaterdress with a fringed cardi.



ITEM 2: PLAID SHIRT



7

MSGM ($395, stylebop.com)



8

A luxe flannel is my go-to irreverent touch.



9

Leather shorts take plaid from day to night.



10

Saturday cool with a chunky sweater.



16

A cape and slingbacks make the skirt less femme fatale, more sophisticated.



17

With a classic Breton-striped tee, the skirt is French prep.



18

Wooden platforms are a groovy finish.

ITEM 4: PAJAMA-STYLE TOP



19

Shrimps x Poplin ($530, sold with matching pants, avenue32.com)



23

The printed blouse and Birkenstocks loosen up a tux.



24

Roll out of bed and throw on a Bordeaux-colored coat for weekend errands.

ITEM 5: BROGUES



25

Joie ($260, Bloomingdale's, 800-232-1854, available in February)

26

Blazer + boyfriend jeans + flats = Parisian chic.



27

Brogues feel fresh with an ornate romper.

HAIR AND MAKEUP: ANA LUCIC. STILLS: **CATHY CRAWFORD**; STYLIST: JODY COOK

See **GLAMOUR SHOPPER** *for more information.*



3

Cozy can be edgy with the right accessories.



4

Over-the-knee boots turn up the sultry factor.



5

Layered with a pullover—voilà!—this dress becomes a skirt.



6

Office-ready with a fluid trench.



11

Vintage Levi's go with *everything.*

ITEM 3: LEATHER PENCIL SKIRT

12



Zara (in faux leather, $60, zara.com)



13

Nothing says "come hither" like a leather pencil skirt.



14

A denim shirt gives it a laid-back vibe.

15

Add killer heels for date night.



20

This fun top from the new Shrimps collaboration with Poplin works 24/7.



21

With an army jacket, you can garden in it.



22

A solid midi keeps the strawberries-and-cream shirt from looking too sweet.



31

I like to add a graphic pop to leather leggings for casual Sundays. XO, @stylebop, @filleilamignon



28

Oxfords make a long dress daytime-appropriate.



29

With polka dots and denim, these kicks are great for a reading break in the park.



30

All white after Labor Day? Absolutely.

PHOTOGRAPHS BY SANDRA SEMBURG

.com Find more what-to-wear inspiration at **glamour.com/fashion/outfit-ideas.**

The Case for Shopping Your Closet

Barneys, Bergdorf, and Net-a-Porter are lovely, but Jane Keltner de Valle has made an art out of recycling her own wardrobe.



This Old Thing? The author wearing her spring 2012 Jason Wu skirt updated with an oxford shirt, looped belt, and flatforms

The First Time Around Keltner de Valle in her skirt in 2012



2012 + 2015



Today's Inspiration The fifties Americana styling at the spring Michael Kors show

I went on a rather obscene shopping spree recently... and didn't spend a single dime. How, you ask? I shopped my closet. If you're like me, yours is packed to the gills, yet you wear the same half-dozen things over and over. Meanwhile, countless special, seasons-old pieces, which I refuse to let go of for fear that they'll come back to relevance one day, descend into a kind of closet purgatory wherein they sit, eating up a hell of a lot of space.

My episode was sparked by the fact that I was moving apartments. There's nothing like packing up the entire contents of your life to inspire a trip down wardrobe memory lane. So how does one go about shopping one's closet? I went by a few rules.

ELEVATE YOUR CLASSICS

Classics are always worth keeping. For me, these include tailored shirts, knit pullovers, blazers, trench coats (going strong since World War I), and nipped-waist skirts (my signature). I felt more comfortable giving away prints. They're like a double-edged sword: They can make an outfit special on the one hand but date it on the other. My personal exceptions are stripes, polka dots, and leopard. If they worked for Jane Birkin and Brigitte Bardot in the sixties and still work today, chances are they'll continue to work tomorrow.

LOOK FOR MAJOR PIECES

My big lightbulb moment was rediscovering some forgotten statement pieces I had dismissed as one-season wonders. (The curse of buying something so *now* is that it quickly becomes so *not* now.) But finding ways to make a has-been item fresh again is where the styling fun comes in. My first revelation was a scuba skirt from Nicolas Ghesquière's early days designing for Balenciaga, which has a sixties silhouette similar to...his current work at Louis Vuitton. I added a snug pullover and kitten heels (versus the T-shirt and clunky sandals I would have worn it with before), and now it's as good as new. A Thakoon roses-on-legs print dress from the designer's 2009 collaboration with artist Laurie Simmons has become my new go-to cocktail dress paired with black heels. Then there's the asymmetrical Jason Wu skirt featuring a print by pop artist Kaws. After seeing all the fifties skirts on the spring runways, I've been inspired to reimagine it with an oxford shirt and flatforms. Voilà—spring 2015 now! While we're on the subject of spring trends, check your closet for the following: full skirts, button-down shirtdresses, and a jean jacket (denim in general is having a major renaissance).

KNOW WHEN TO CUT TIES

Of course, there were also pieces that were beyond resuscitation. A good rule of thumb is that if you haven't worn it in two-plus years, let it go. (Though I of course wouldn't apply this rule to my wedding dress or any item that holds significant sentimental value.) The stuff that didn't pass muster included too-short skirts that no longer feel appropriate now that I'm a mom; early-aughties platforms (how did I ever think those were OK?); and a schoolgirl-style dress (did I mention I'm a mom?). I happily dropped these articles off at a Housing Works Thrift Shop. Tax deduction plus charitable contribution to people affected by HIV/AIDS and homelessness equals a win-win. Oh, and all that money I saved from closet recycling? I'm investing it in dressing up the *other* rooms in my apartment. Another thing I learned in my move is that couches are even more expensive than shoes.

MAKEUP: SANDRINE VAN SLEE FOR ART DEPARTMENT; PROP STYLIST: MELISSA FELDMAN FOR STROLL PRODUCTIONS. KELTNER DE VALLE STREET STYLE: TEAM PETER STIGTER. MICHAEL KORS RUNWAY: YANNIS VLAMOS/INDIGITALIMAGES.COM. MANDALA COTTON FLATWEAVE RUG IN AUBERGINE, MADELINEWEINRIB.COM

PHOTOGRAPH BY AARON RICHTER

.com Want more Jane's Style Diary? Read more in her regular series on **glamour.com/fashion.**

advertisement

— *the* —

GLAMOURATI

theglamourati.com

Be a part of the inner circle each month when you enter our fabulous sweepstakes, RSVP to our exciting events and get gorgeously up to speed on all things glam.

Special Tribute

"He Made Me the Woman I Am Today"

Model Karlie Kloss was just 15 when she met Oscar de la Renta. Now, in the wake of his passing, she looks back on everything she learned from the legendary designer.



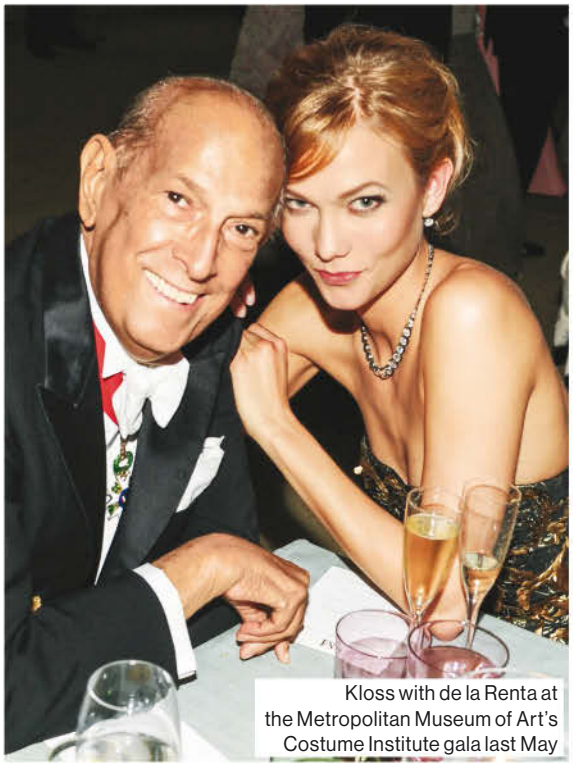
Heavenly Creation "There was always color and joy in Oscar's work," says Kloss, here in the gown she wore in the late designer's final runway show.

FASHION EDITOR: JILLIAN DAVISON; MODEL: KARLIE KLOSS AT IMG MODELS; HAIR: TEDDY CHARLES FOR ART + COMMERCE; MAKEUP: MAUD LACEPPE FOR STREETERS; MANICURE: RIEKO OKUSA FOR SUSAN PRICE NYC; PRODUCTION: BRACHFELD; SET DESIGN: PIERS HANMER FOR ART + COMMERCE

PHOTOGRAPH BY PATRICK DEMARCHELIER

Oscar was my mentor and friend—an honorary grandfather, if you will. I grew up with him in this industry. When he died, I felt loss and grief, but I also felt gratitude, tremendous gratitude, to have known and worked with him as closely as I did.

I met Oscar when I was just a teenager. It was my second season of doing shows, so I was still very fresh and it was all new. I remember walking into his atelier and being so wide-eyed; it was covered from wall to wall with trays of beautiful jewelry and gorgeous shoes and gowns. There were textures and fabrics I didn't know existed. Here I was, this American girl from the Midwest, standing in this house of elegance and luxury to the level of First Ladies. The technique and craft that went into creating an Oscar de la Renta dress was like that of a couture house. It was totally intimidating! I don't know what he saw in me; I was a kid playing dress-up in these elaborate, womanly gowns. But he saw something, because I walked in nearly every one of his shows from that point on.



Kloss with de la Renta at the Metropolitan Museum of Art's Costume Institute gala last May

At Oscar's atelier everyone was like family—that's the way he created it. He treated each and every person with such respect and love. I got to know every seamstress, every tailor. When I would come in for a fitting before a show, everyone was running around him, crazy and frantic. And Oscar was just calm, cool, collected, sitting in his chair. He genuinely loved his craft and was very much at home there. He was involved in every detail of the design process. Working for Oscar and being in his studio, you could tell it's where he breathed. He was a gentleman in a way that is of another era. He almost always wore a tie. You would never catch Oscar in a T-shirt and jeans. Never. Forget it! He was always composed and elegant.

Oscar adored, respected, and celebrated women—and made them feel beautiful. We bonded over dance. He was a lover of dance, and I had classical ballet training. That was one of the first things he noticed about me. He saw the runway as a stage to perform on. It wasn't just walking when you were on an Oscar runway. You were breathing life into the clothes and becoming the woman he designed for—a woman who is unbelievably elegant, poised, intelligent, confident, powerful.

Before a show he would always grab my hand and say, "Karlie, you are beautiful." That was everything. Nobody does that! It doesn't matter if you're a model about to go on the runway or just any woman, somebody grabbing your hands and looking you in the eyes like you're the only person in the world? He made you feel special. I'd go in for fittings and stay longer than I was meant to, trying on the whole collection.

For the past several years, I would open or close his show, and as it got harder for him to walk, he started bringing me out with him when he took his bow. He would really hold on to me when we did that walk. It was an unbelievable honor, and every season it was our thing. Looking back, I realize he was getting frailer. But in my mind, I always saw this tan, suave man.

I remember him saying once that what he finds beautiful is confidence and kindness in the same person. He saw that in me before I realized it in myself. When he would quiet the room, turn on the music, and have me walk for him, I exuded the essence of the Oscar woman. I certainly aspired to. He gave me a gold silk scarf once, and I wore that scarf like it was a ball gown. You put on Oscar de la Renta, and it makes you stand taller and feel more graceful. There was another time when I was still in high school and we were shooting his campaign. I had homecoming the next day, and he let me take the gown from the campaign to wear to my school dance. I felt absolutely beautiful!

But that was just Oscar: He was such a giving person. He did a lot of philanthropic work in the Dominican Republic, including opening an orphanage there. To him, everyone was equal.

I attended the Met Gala with Oscar just eight months ago. That night at the dinner, I had one of the most heartfelt conversations with him that I've ever had with anyone. He told me how he fell in love with his wife, Annette, and he told me about his first wife, who had died of cancer 30 years before. The most important thing in life, he said that night, is to love and be loved, and to *do* what you love. For me, it was so inspiring to see someone at 81, still so happy going to work.

I wish I could have spent much more time with him, but his spirit will be with me for the rest of my life. He treated me as his muse and friend. And that empowered me to think of myself as more than just a model wearing the clothes. With Oscar, I thought of myself as a part of the clothes, as giving them air, life, energy, character, spirit. The fact that he respected me doing my job helped *me* respect me doing my job. His support very much helped me become who I am, professionally and personally. He helped me realize the beauty and power in being an intelligent, elegant, graceful woman. When I first met him, I pretended to play that woman in his shows, but I've since realized that that's the woman I, Karlie, want to be every day.

—as told to Jane Keltner de Valle

> "Before a show, he would always grab my hand and say, 'Karlie, you are beautiful.' That was everything. Nobody does that!"

KLOSS AND DE LA RENTA: BILLY FARRELL/BFANYC.COM



Play THE LEAD IN ALL YOUR LIFE STORIES

TRIPLE LAYER



Playtex® Gentle Glide® 360°® tampons have three layers plus our unique design to custom fit your body for ultimate protection. Play On.®

360°®





Play ON®

GO TO PLAYTEXPLAYON.COM

© 2014 Energizer. Playtex and all other trademarks are owned or licensed by Energizer.



MARK LEIBOWITZ

FAUX TATTOOS RULE! Go for pretty little stars like these at Tommy Hilfiger. Draw them on with a long-wear eye pencil and the **Tattoo Junkee** Twin Stars Stencil ($4, tattoojunkee.com).

Hit Refresh for 2015!

Got a favorite beauty look? You're going to love these easy updates for it. By Maureen Choi

New Year's is all about fresh starts, and when it comes to beauty, we're 100 percent on board with that. A four-stranded braid? Soft lilac eyes? Yes and yes, please. To help you shake things up, we quizzed the experts behind the best new runway hair, makeup, and nail ideas. Let's get started....

.com If you're still searching for your New Year's resolution, take a cue from our beauty editors at **lipstick.com.**

CONTINUED ON NEXT PAGE

The New Understated Nail

Want to put a grown-up spin on nail art this year? Try the double-striped French mani, below, from Sophie Theallet's spring show. It's eye-catching but not over-the-top.

On You: Apply base coat to tip only, then brush on two coats of pink in a neat arc about three millimeters wide across the edge, says manicurist Julie Kandalec, who created the look. Her tip for DIY-ing like a pro: Use the rounded edge of a Band-Aid as your guide. Let dry a few minutes, then paint a thin aqua stripe on the very tip, covering half the pink polish. Swipe base coat over the entire nail, let dry, and finish with topcoat.



PRETTY PASTEL POLISHES
Essie Nail Color in Turquoise & Caicos and Fiji ($8.50 each, essie.com)



The rope braid at Donna Karan

A SMOOTHING HAIRSPRAY
Wella Professionals Stay Firm Finishing Spray ($15, wella.com for salons)

A SURPRISING HAIR TOOL
Sephora Pro Flawless Airbrush #56 ($32, Sephora)

The New Power Braid

The braid trend is still going gangbusters—take a look at the spring runways, red carpets, and YouTube if you have any doubt. But our favorite new variations, like the four-stranded rope at Donna Karan, above, raise the bar a little.

On You: First, a reality check: You're going to have to "enlist a braid buddy," advises stylist Eugene Souleiman, who created the look by using loads of hair extensions—and an assistant. "This isn't a style two hands can handle." If your hair is shoulder-blade length or shorter, clip in extensions across the back of your head. To braid, first spritz hairspray on the top and sides to create a sleek effect. Pull hair into a low ponytail, and divide it into four sections (this is where your friend comes in handy). Starting from the left, bring the outside piece in, passing over the first and under the second; then from the right, pass the outside piece under the first and over the second. Continue until you're three inches from the end. Secure with an elastic. To tame flyaways without creating comb lines, "mist a fluffy powder brush with hairspray and dust it over your hair," says Souleiman.

NAIL: ESSIE. BRAID: GORUNWAY.COM. STILLS: **JOSEPHINE SCHIELE**

CONTINUED ON NEXT PAGE


REVIVE YOUR
VA-VOOM!
ENERGIZE
YOUR THINNING HAIR
Some products temporarily coat thinning hair. Women's ROGAINE® Foam gets to the root of the problem. Reactivating inactive follicles from the inside out. Apply once a day to regrow hair, restore body and revive volume.
Proven to regrow hair in 8 out of 10 women*
Regrows new hair up to 48% thicker**
WOMEN'S Rogaine® more is beautiful.™
WOMEN'S Rogaine
REACTIVATES HAIR FOLLICLES TO STIMULATE REGROWTH
CLINICALLY PROVEN TO REGROW HAIR
Use as directed. *In a 6-month placebo-controlled clinical study (n=404). **Based on mean hair strand diameter.
©McNEIL-PPC, Inc. 2014



A SHEER PLUM SHADOW
MAC Pro Longwear Paint Pot in Frozen Violet ($21, maccosmetics.com)

The New Smoky Eye

Bright, high-impact shadow had a major moment in 2014, but it wasn't exactly work-friendly. This year get inspired by the Derek Lam show, above, and try a sheer wash of violet—pretty but still real-life-appropriate.

On You: Makeup artist Tom Pecheux used a high-shine lipstick on models' lids backstage, but for everyday a glossy cream shadow works best. First trace along the upper lash line with a brown pencil for definition, then blend the violet shadow over the liner and up to the crease with your finger. Swipe a shimmery white highlighter on your lower waterline to brighten, and apply one light coat of purple mascara. Done.



The New Must-Try Updo

Ladies, take note—*this* is how you should be wearing your hair today, tonight, tomorrow, pretty much all the time. You'll need a few good styling products and some bling, but it's cute even with a bob.

On You: The trick to the romantic roll above—created by stylist Guido Palau at the spring 2015 Valentino show—is to layer a dry finishing spray over a sea-salt mist. Sure, that's a lot of product, but the combination "makes hair look a little bit deconstructed and imperfect," he says. First, apply the sea-salt spray on damp hair; next, rough-dry with a blow-dryer, twisting one-inch sections with your fingers as you add movement. Then mist a dry finishing spray all over. Now, starting behind the ears, twist a strand on each side, adding small pieces as you go; secure the two sides together with bobby pins, and clip in a few jeweled barrettes.



AN INSTANT HAIR UPGRADE
L. Erickson hair clips ($14 each, franceluxe.com)



A TOUCH-UP ESSENTIAL
Clairol Nice 'n Easy Hairpainting Kit ($11, at drugstores)

The New Ombré

If you like the whole ombré hair thing, you'll love *écaille* (that's "tortoiseshell" in French) highlights. "They're more sophisticated because the color is multitonal," says celebrity colorist James Corbett.

On You: Start by seeing a professional colorist. "For *écaille,* placement is crucial," Corbett warns. Ask for a blend of warm earth tones like golden caramels and rich coffees, with deeper shades applied at the roots and lighter ones at the ends for a "supersubtle melted effect." And don't go more than two shades lighter than your root color. "The whole point is to create natural-looking, not overprocessed, vibrancy." His last tip? Bring pictures with you so your stylist knows exactly what you're looking for. (Find more inspiration at lipstick.com.) "Not everyone knows this technique by name," says Corbett, "so visuals are a must."

SMOKY EYE: **MARK LEIBOWITZ**. UPDO: LUCAS FLORES PIRAN FOR REDKEN. OMBRE: JASON LLOYD-EVANS. STILLS: **JOSEPHINE SCHIELE**

STRIVE for PERFECT SKIN every day

HEALS & SOFTENS
ROUGH, DRY SKIN

SMOOTHES
MARKS & SCARS

TONES
SKIN



Perfect formula. Extraordinary results.®
DERMATOLOGIST TESTED

PALMER'S® COCOA BUTTER FORMULA®
IS MADE FROM PURE COCOA BUTTER,
NATURE'S SUPER INGREDIENT.

www.palmers.com © 2014 E.T. Browne Drug Co., Inc. All Rights Reserved.
* IRI INFOSCAN 52 WEEKS ENDING 4/20/2014 F/D/Mx.

The Month in Hairstyles

Meet guest editor Cipriana Quann (that's her below!). We're starting the year with 31 favorite hair looks from the street-style star and Urban Bush Babes blogger.

UPDOS



1
Two buns are better than one. A riff of my favorite hairstyle—I love wearing it off my neck.



2
My twin sister, singer TK Wonder, piles everything toward the front for a retro-modern feel.



3
A street-style classic: the no-fuss topknot.



4
And I also like to anchor my go-to updo with a sleek hair wrap: fail-proof.



5
Pin up loose pieces for a quick bad-hair-day rescue.



6
Add extra interest up top by sectioning hair into tiny buns.

BRAIDS



7
Gather hair at different points to create multiple braids. So chic.



8
Janelle Monáe gives Rapunzel some competition in this wrapped, inverted French braid.



9
Solange is bringing nineties box braids to the forefront today.



10
A slim loose braid has the effect of feathers in your hair.



11
Fishtail meets *The Matrix:* Loosen up a chunky plait.



12
I love how a double crown of mini plaits lends a cool graphic touch.



13
Reviving the Woodstock era, this look incorporates braids *and* locs.



14
My sister in long braids—her staple—flipped to the side.

MOHAWKS



15 A new way to style a mohawk cut—comb everything back.



16 Higher ends on top creates a subtle streamlined version.

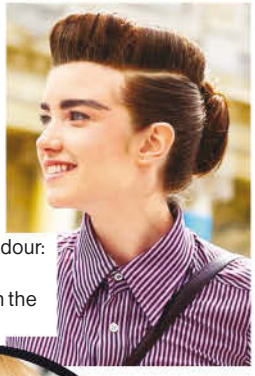


17 Buzzed sides and twisted ends equals the chicest fro-hawk.



18 I'm really into slicked-back sides and swept bangs: It's a version of the faux-hawk.

ROLLS



19 Fake a pompadour: Comb the top section up; pin the rest back.



20 Pull hair to one side, twist upward, then tuck with clips.

Copy actress Yaya DaCosta and coil a section in the front for a soft, pretty touch...



21

...or do a similar move, but leave everything else down.



22



23 Style it high like musician Shingai Shoniwa does.

CURLS



24 Do it big: a pretty glorious representation of the Afro.



25 Go for a bohemian vibe by center-parting mermaid-y waves.



28 Keep the top flat while leaving ends curly. I like to add a cat eye for good measure.



29 Tie back soft, brushed-out curls with a printed scarf.



26 Keep your style in place with a blast of setting spray.



30 Artist Vashtie Kola nails the curly-wavy combination.

27 This is such a quick style fix: A chic barrette gives full-bodied hair a new shape.



31 I just love singer Inna Modja's display of soft spiral curls.

1: RAYDENE SALINAS VIA THE HUFFINGTON POST. 2: EMILIJA MANEVSKA. 3, 5, 6, 10, 12, 15, 17, 18, 20, 22, 26, 27, 28: JASON LLOYD-EVANS. 4: CHARLOTTE WALES VIA & OTHER STORIES. 7: ADAM KATZ SINDING–BLAUBLUT EDITION/TRUNK ARCHIVE. 8: JULIAN MACKLER/BFANYC.COM. 9: MIKE LAWRIE/GETTY IMAGES. 11: CATWALKPIX–BLAUBLUT EDITION/TRUNK ARCHIVE. 13, 16: LOUGE DELCY OF DAPPERLOU.COM. 14: JOEY ROSADO. 19, 25, 30: PHIL OH/STREETPEEPER.COM. 21: GREGG DEGUIRE/FILMMAGIC. 23: GUS STEWART/REDFERNS/GETTY IMAGES. 24: FRENCHY STYLE–BLAUBLUT EDITION/TRUNK ARCHIVE. 29: JESSICA WEBER–BLAUBLUT EDITION/TRUNK ARCHIVE. 31: REX USA



GLAMOUR HOLIDAY HUSTLE

Holiday shopping not quite done? Or, frankly—not even close? Not to worry. The Holiday Hustle is here: Those crucial last 2 weeks before the holidays where you can score all the best deals for everyone on your list—and still have time to scout that perfect New Year's Eve dress.



FIRST AID BEAUTY® ULTRA REPAIR® CREAM

If smooth, perfect skin is at the top of your wish list, get ready to collect. First Aid Beauty's Ultra Repair Cream is clinically proven to hydrate and deliver long-lasting moisture from head to gorgeous toe.

Visit promotions.glamour.com and upload a picture of your Sephora receipt for any First Aid Beauty product ($20 minimum purchase). The first 100 will receive a $50 gift card to Sephora to keep shopping FAB's skin saving products.**

*To enter and for full rules, go to promotions.glamour.com. Starts on 12/9/14 at 9 A.M. ET and ends 1/9/15 at 11:59 P.M. E.T. Open to legal residents of the 50 United States/D.C. 18 or older, except employees of Sponsor, their immediate family and those living in the same household. Odds of winning depend on the number of eligible entries received. Void outside the 50 United States/D.C. and where prohibited. One winner total. A.R.V. of prize is $5,000. Sponsor: Condé Nast.

SANTA MARGHERITA

Celebrate the season's fabulous moments with a bubbly glass of Santa Margherita Prosecco. Its delicate bubbles and citrus flavor pair perfectly with everything from appetizers to dessert. Gather your best friends, uncork and enjoy! Find your favorite holiday cocktail recipes at www.santamargherita.us.

Visit promotions.glamour.com and enter for your chance to win a Santa Margherita luxury spa getaway weekend for you and a friend. Prize includes a two-night hotel stay, a rfare and fabulous spa treatments. NO PURCHASE NECESSARY.*





ULTA

One for them, one for you...a *totally* acceptable gifting strategy. ULTA has something for everyone. Snap up the Urban Decay Naked On the Run palette for the girl with all the party invites, the Ultra CHI Travel Tool Kit for the friend on the go, and the chic crowd pleaser: Michael Kors Sexy Amber fragrance. When you purchase any fragrance of $40 or more, you'll also get a chic bathrobe at ULTA! Grab a luxe robe for yourself while you're at it. WHILE SUPPLIES LAST.

Visit promotions.glamour.com and upload a picture of your ULTA receipt for any of the products here ($20 minimum purchase). The first 100 will receive a $50 gift card to ULTA to keep shopping.**

SUPERFRUIT COMPLEX

You've been so good all year, so give yourself the gift of great hair! Antioxidant-rich Superfruit Complex 10-in-1 Renewal System helps perfect and renew vibrancy to brittle, lackluster hair. Made with certified organic shea butter and other natural ingredients. Your hair will be Instagram-gorgeous.

Visit promotions.glamour.com and upload a picture of your ULTA receipt for Superfruit Complex. The first 100 will receive a $50 gift card to ULTA to keep shopping Superfruit Complex.**



**You must be a legal resident of the 50 United States or the District of Columbia and at least 18 years of age as of the date of submission. To participate, visit promotions.glamour.com and complete and submit the form as directed, including a picture of your receipt, starting 12/9/14 at 9 A.M. E.T. Receipts must be for purchases made after 12/9/14. One request per person/email address. Please allow 6 to 8 weeks for delivery. Shipping in the United States only. Sponsor reserves the right to substitute a gift of equal or greater value for the one noted. Sponsor is not responsible for errors in the administration or fulfillment of this promotion, including but not limited to human and technical errors. You may at times receive email offers or information from the Sponsor or carefully selected third parties unless otherwise specified on the entry form.


Shea Moisture
A Better Way to Beautiful since 1912
RESTORING, INVIGORATING, ENRICHING.
SUPERFRUITS, UNITE.
The New Superfruit Collection
Antioxidant-rich fruits and berries combine to nourish, treat and revive dull, limp locks.
Vitamins and other real-world remedies blend with hydrating Raw Shea Butter to condition and rejuvenate hair… naturally.
Shea Moisture
Established 1912
SUPERFRUIT COMPLEX
10-IN-1
RENEWAL
SYSTEM
w/Marula Oil & Biotin
CONDITIONER
cruelty free
SheaMoisture.com



No More Birth Control Fails!

The two moments you're most at risk for an unplanned pregnancy? When you use contraception wrong—or life throws you a curveball and you're without your method of choice. Here's how to stay protected. **By Shaun Dreisbach**

Uh-oh. Do you have your next pack ready?

PILL PACK: TRAVIS RATHBONE/TRUNK ARCHIVE

PREGNANCY RISK #1:

YOU COULD BE USING YOUR BIRTH CONTROL INCORRECTLY

"It's super common for women to use their birth control wrong," says *Glamour* contributor Katharine O'Connell White, M.D., chief of general obstetrics and gynecology at Baystate Medical Center in Springfield, Massachusetts. In fact, user error accounts for 41 percent of unplanned pregnancies. The most common mistakes to avoid:

You don't start a new pill pack, patch, or ring when you should. Often, says Dr. White, this happens when a woman's period lasts longer than seven days and she waits until the bleeding stops before starting the next month's supply. "But anything longer than seven days and you're probably going to ovulate—which puts you at risk," she says. After those seven days off, get right back on, regardless of what's happening with your period.

You miss a dose or two of the Pill—and give up. Dr. White hears this a lot. "A woman thinks she's blown it, so she stops using her pills, waits for her period, and then starts a new pack—except she gets pregnant during that time." What you should do instead: If you miss one pill, take two the next day. (You can still have sex.) Miss two, Dr. White says, and you need to double up for two days and use another form of birth control for one week. "But three strikes and you're out," says Dr. White. By the time you've missed three days in a row, you may have ovulated, so use condoms or another form of birth control until you can start a fresh pack.

You wait to put on the condom. "*Sooo* many couples do this," says Dr. White. "But do not start having sex until he has one on, because there's good evidence that the women who get pregnant while using condoms are the ones who put it on midway." Some of his swimmers can get loose before the grand finale, she says, so protect yourself from moment one. Also, don't let him linger too long. "If he stays in afterward—which can be nice, I know—there's a risk of his losing the erection and some of the semen spilling out when he does pull out," she says. And just like that, you could get

CONTINUED ON NEXT PAGE

pregnant. Adds Dr. White: "I have three rules about condoms: On in time, off in time, and on *every* time."

PREGNANCY RISK #2:

YOU HAVE A BIRTH CONTROL "GAP"

"So many women let their prescription lapse for a month or longer," says Dr. White, and that's when 54 percent of unplanned pregnancies occur. "Because most birth control methods clear your system within 48 hours, gaps longer than a few days really put you at risk for getting pregnant." The times your best intentions are most likely to get derailed:

You just went through a breakup. "A lot of women go off their birth control when they're between relationships," says Dr. White. "Patients tell me they don't want the daily reminder that they're not having sex, and I get that. But here's what happens: They either get back together with their ex or ignite a new relationship faster than they expected, and then: Whoops." So think twice before you ditch your pills or patch. "Hormonal birth control has so many benefits beyond contraception—clearer skin, less cramping, lighter periods, and protection against cancer, endometriosis, and pelvic inflammatory disease," says Dr. White, who also recommends that single women consider an IUD ("it will always be with you no matter what your dating status," she says) or always have a condom on hand. And don't forget about Plan B, an emergency form of contraception you can get over the counter. It's not cheap—about $50 a pop—but it can significantly lower your chance of getting pregnant if taken within three days after unprotected sex.



Dr. White's rule about condoms: "On in time, off in time, and on *every* time."

You move to a new town. You're busy trying to make your new place habitable (i.e., waiting for the cable guy), so it's easy to let finding a new doctor—and actually getting an appointment—fall to the bottom of your to-do list. So "*before* you move," says Dr. White, "ask your existing doctor to prescribe three months' worth of birth control at a time." (Insurance companies usually cover this.) Or look into whether you can transfer your existing prescription to a new pharmacy.

You're between jobs—and health insurance policies. If you know you'll have coverage again very soon, "before you leave your employer, try to load up on your pills, as you would with a move," says Dr. White. If you could be uninsured indefinitely, switch to a longer-acting method, such as an IUD (which lasts three to 10 years, depending on what kind you get), implant (three years), or shot (three months) before you lose your coverage. (Ditto if you're up against any other change of insurance, like transitioning off your parents' plan.) If you're already uninsured, panic not: Stores like Target, Kroger, and Walmart offer low-cost versions of the Pill for $4 to $9 a pack. They might not be the brand you're used to, but your doctor can recommend the best substitute. Another option: your old friend the condom.

You just had a baby. "Doctors are really inconsistent about talking to women about postbaby birth control during prenatal checkups," says Dr. White. "Usually it comes up only at your six-week postpartum visit, an appointment just half of women go to." So know this: You *can* get pregnant within weeks of giving birth. Dr. White recommends bringing up contraception with your physician at 30 to 32 weeks of pregnancy so that you have a go-to in place even before the new arrival. At the very least, do not leave the hospital without a prescription—or a plan.

You hate your current method and want to switch. Nothing wrong with that. "But problems happen when women just stop using what they've got and then make an appointment to see their doctor, which can be weeks or months away," says Dr. White. Unless you really feel terrible on whatever you're using, stay on it, she advises, until you have something else in hand.

How Effective Is *Your* Method?

When your doctor says, "The Pill is 99 percent effective at preventing pregnancy," it's easy to think, Great, I want that! But very often that stat applies only to perfect use. As in: You use it consistently and correctly, which few of us do. Typical use—meaning how well a method is used in real life, not in a lab—lowers the effectiveness, which means your odds of getting pregnant may be higher than you realize. Take a look:

	Withdrawal	Condom	Birth Control Pill, Ring, and Patch	Shot	Implant	IUD
Perfect Use	96%	98%	99.7%	99.8%	99.5%	99.8%
	LEAST EFFECTIVE					MOST EFFECTIVE
Typical Use	78%	82%	91%	94%	99.5%	99.8%

SOURCE FOR CHART: GUTTMACHER INSTITUTE. CONDOMS: MINT IMAGES–PAUL EDMONDSON/GETTY IMAGES

THE BEST BIKINI LINES ARE THE ONES THAT DON'T EXIST.

BEAUTY BREAKTHROUGH

HAIR REMOVAL LASER PRECISION

Live your life laser smooth. Now in Blossom, the Hair Removal Laser Precision uses FDA-cleared technology to deliver permanent results just like you'd expect from a professional, but for only $299. The Tria Laser Precision is ergonomically designed for smaller, more sensitive areas like the bikini line and removes any unwanted hair for permanent results.



FOR AN EXCLUSIVE OFFER VISIT
TRIABEAUTY.COM

tria®

SEE BEAUTY IN A NEW LIGHT®

EXCLUSIVELY AVAILABLE AT:

SEPHORA triabeauty.com

All About Life Love Guys Work Sex YOU



If all else fails, fake it till you make it.

YOUR NEW YEAR'S GUIDE

Have a Happy 2015!

We're not just being polite—there's new research on what really makes us satisfied and self-assured these days. Your happiest year starts here. **By Genevieve Field**

The readers sitting around *Glamour*'s conference table are probably a lot like you: busy, smart, and trying valiantly to ignore the pinging and buzzing of their cell phones, because that's what you do when you're with real people, right? They had volunteered to take part in one of our reader-feedback nights, during which editors get to hear what's on your mind. On this evening the conversation kept circling back to one theme: happiness. Most said life for them was good but...missing something. *Were* they happy? As happy as they could be? And what really *makes* us happy, anyway? Most of these women weren't sure, they admitted.

Experts in the booming field of positive psychology (that's the scientific study of what makes us flourish) say that that uncertainty is common these days: "Many young women are so busy and stressed and multitasking," explains Loyola University Chicago psychologist Fred Bryant, Ph.D. "They're often on autopilot, so they only notice happiness when it bowls them over. But if you wait for those elusive superhighs, you won't have very many. Happiness isn't a reaction to things. It's something that's *in* you. And finding it is a process." But for all our searching, recent surveys show only a third of Americans consider themselves to be happy today—with twenty-, thirty-, and fortysomethings landing on the *lowest* end of the happiness curve.

We deserve better! To help, *Glamour* combed through hundreds of happiness studies and interviewed leading experts, separating the "happiness industry" fluff from the real wisdom that philosophers, researchers, and bona fide happy people know and live by.

JENNIFER LIVINGSTON/TRUNK ARCHIVE

7 Ways to Feel Happier Right Now

1 Have friends. Preferably happy ones. "I'm often asked about the secrets of happy people," says Martin E.P. Seligman, Ph.D., a positive-psychology pioneer and author of *Flourish: A Visionary New Understanding of Happiness and Well-being*. "They're not more religious or in better shape. They don't have more money. They're not better-looking or luckier. The one way they stand out: They have a rich repertoire of friends."

Gretchen Rubin, author of *Better Than Before* and *The Happiness Project*, agrees. "Readers say the advice that has helped them the most is about building strong relationships," she says. "It's the little things, like giving warm greetings and farewells, that make us feel as if we belong."

2 When life goes right, actually *notice*. "It's incorrect to assume that when good things happen, people naturally feel joy," says Bryant, author of *Savoring: A New Model of Positive Experience*. His research has found that in our busy lives we often forget to appreciate or pay attention to life's little gifts as they are happening—a good meal, a compliment, a glowy sunset—and those who do "savor" those times are happiest. "It's not just about snapping a picture on your phone to look at later," says Bryant. "It's about enjoying the moment while it's unfolding in real time."

3 Count your blessings. No, that isn't just something your grandmother says; a wealth of studies link gratitude to happiness. People who consciously focus on feelings of appreciation—writing a thank-you note, expressing your appreciation to friends—have better emotional and physical health and stronger relationships than those who don't. Seligman recommends writing down three things that you're thankful for, and why, every night: "In six months you will be less depressed, happier—and addicted to this exercise."

4 When you're on social media, contribute. It's the ultimate catch-22: We turn to social media for connection yet log off feeling lonelier than ever. Multiple studies have shown that those who passively use networking sites—browsing others' vacation pics and reading friends' postweekend recaps without chim-

I KNEW I WAS HAPPY WHEN...

I Said "Eff It" to Expectations

By Katie Crouch

Life can be hard. We try to be independent. And smart. And beautiful. And successful. In my twenties all those things took precedence over actually being happy. But in my thirties something shifted. Without really thinking about it, I started to *choose* happiness. It happened when...

...I DECIDED I WAS MY OWN BEST COMPANY. It just happened one night. I had said no to a loud, buzzy party and yes to Colin Firth. I'm talking about the BBC's six-part *Pride and Prejudice* series and a pot of chamomile tea. And so the wild-child years were over, and that was OK! I still like to go out, but there comes a point in a woman's life when, in her eyes, she is the most fun person in the room.

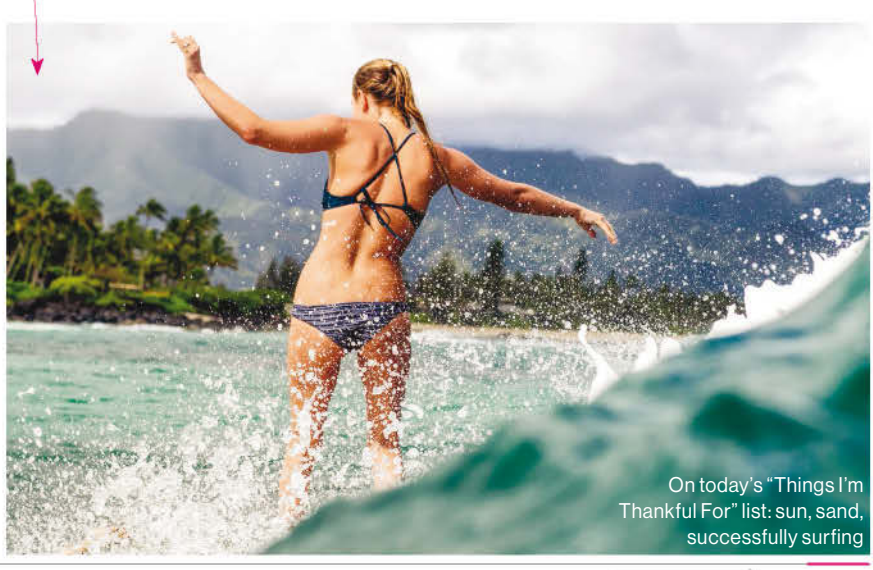
...I STARTED DOING WHAT I LOVED FOR WORK. I'm not going to pretend that it was easy to become a novelist. It wasn't—it took eight years, expensive graduate school, hundreds of mornings of rising at 5:00 A.M. to write before going to my office job...you get the picture. But after all that struggle, I'm now able to make a living at what I love to do. There's just no substitute for career satisfaction.

...I BEGAN SEEING MY MOM AS A FRIEND. I still cringe when my mother gives me "advice," which means mandates on how I should eat, raise my child, wash my underwear, etc. But the truth is, once I started ignoring the jabs and sharing things with her as a friend, life got a lot more fun. Especially when she drank me under the table at a tango show in Buenos Aires last fall.

...I REALIZED MY SH-T MIGHT BE BROKEN, BUT MY FAMILY IS GLORIOUSLY WHOLE. I loved my new iPhone 6. I had stayed up until 2:00 A.M. the week before just to order it. Then my four-year-old dropped it on the concrete sidewalk. My iPhone! But when I saw the look on her face, which read, *I'm so, so sorry, Mommy—please don't be mad,* somehow I wasn't. Because compared with my indescribable love for her, this was really no big deal.

...I FORGAVE MYSELF FOR MY PAST FOIBLES. God knows I've done some stupid things. In my twenties I was fired from a hotel for hooking up with a guest. I spent years chasing a man who didn't care about me at all. And then there was the time I went to Supercuts for a pixie. But you know what? No one remembers those things but me. So it's best to pull a *Frozen* (sorry, there's the four-year-old in my house) and let it go.

Katie Crouch is the best-selling author of Abroad.

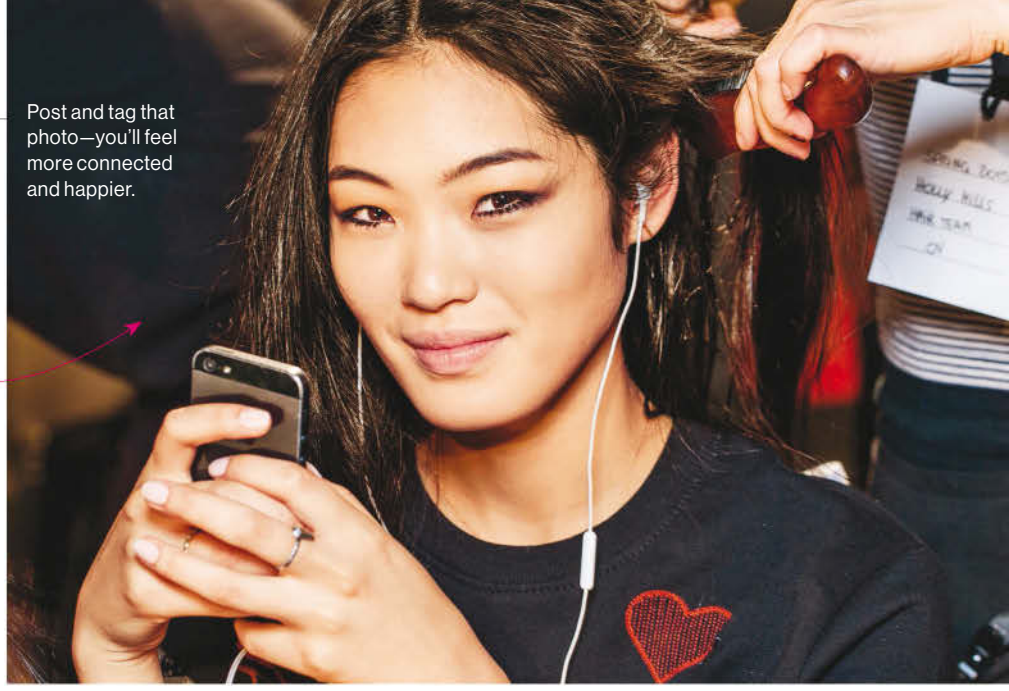


On today's "Things I'm Thankful For" list: sun, sand, successfully surfing

JEFF HORNBAKER/CORBIS

CONTINUED ON NEXT PAGE

ing in—feel lonelier and more isolated. The good news? Carnegie Mellon University researchers found when people *actively* engaged in connecting with others by messaging, photo-tagging, or posting, their feelings of well-being increased and their loneliness plummeted. Facebook-oholics, consider yourselves vindicated!



Post and tag that photo—you'll feel more connected and happier.

5 Spend money the *right* way. In one recent study, researchers gave money to two groups of people, instructing one to use it for themselves and the other to spend it on someone else. Guess who was happier after the money was gone? The givers, of course. And when you *do* spend money on yourself, focus on things that make life meaningful. "Novelty and challenge will make you happier," explains Rubin. "Money doesn't buy happiness, but it *can* pay for a trip to France or a mountain bike."

6 Be your best self. Of course figuring out who your "best self" is can be difficult. That's why Seligman and colleagues at the University of Pennsylvania developed a questionnaire (take it at viacharacter.org) that allows people to identify their "character strengths" (things like honesty, loyalty, and fairness). By putting those virtues to work in their careers, hobbies, and relationships, subjects in a study became significantly happier and had better self-esteem. Seligman's favorite example is a former student who disliked her waitressing job and decided to use her core strength—"social intelligence"—to make her customers' encounters with her the highlight of their evening; it turned her tedious job into a career with purpose.

7 Focus on the big picture. Twenty- and thirtysomethings are often uncertain about what drives their happiness because they are at a transitional point, says Jennifer Aaker, Ph.D., a social psychologist and professor at Stanford University. When we're younger, her research shows, we tend to define happiness as excitement (the "I've got 32 matches on OkCupid, so I *must* be happy!" mentality). It's not until midlife and beyond that we naturally gain the long-term perspective and inner peace that are the true hallmarks of a happy life. What to do? Start seeking a balance between in-the-moment pleasures (spa days, splurging on those biker boots) and more meaningful ones (volunteering for a cause you care about, planning for the future, meditating)—and life will be as good as it gets, not later, but *now*.

I KNEW I WAS HAPPY WHEN...

I Found Hope (and It Was Furry)

By Sara Gruen

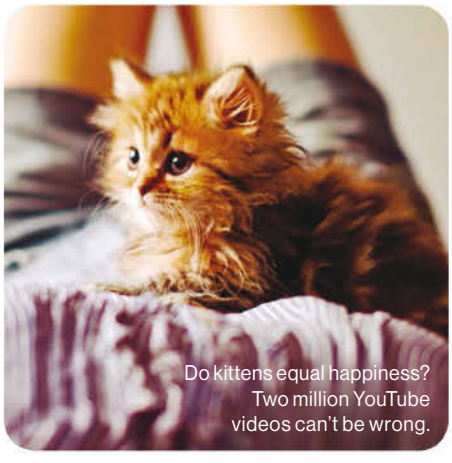
Two and a half years ago, on Mother's Day weekend, my husband and I discovered that our 11-year-old son, Daniel, was not just seriously injured but also seriously ill. A catastrophically broken hip came out of nowhere—and turned out to be caused by an aggressive bone tumor. After his five-hour emergency surgery and prolonged hospital stay, we were finally able to bring our son home to heal.

Keeping an extremely active child occupied while immobilized is challenging. Lego and puzzles took us only so far, so, in my infinite wisdom, I decided we should foster kittens. Rent-a-kitten! What could go wrong?

Smudge was huge in personality—he would stalk me with saucer eyes and then leap onto my head like a flying squirrel—but weighed only 10 ounces and could not gain weight. Our vet discovered that his esophagus was paralyzed. It was a death sentence, but I couldn't stand for Daniel to suffer another loss, so I sent Smudge's X-rays to a specialist. At first he responded that he was sorry, it was hopeless. But the next day he texted: "DON'T DO ANYTHING! I FOUND SOMEONE!"

Smudge had a gastric tube inserted, and every three hours, day and night, I injected warm kitty sludge into his stomach as Daniel watched from his bed. The kitten grew like a weed, and Daniel's bone began to heal.

Hope, I realized, may be the sweetest form of happiness.



Do kittens equal happiness? Two million YouTube videos can't be wrong.

Months later, as Daniel moved from wheelchair to walker, Smudge underwent another surgery and came home a completely normal cat. Well, not completely normal—he's so charming that the vet who cured him has never forgiven me for not letting *her* keep him. But how could I? We'd fallen in love with this tiny kitten, whose survival felt like a miracle, exactly when my family needed one.

Sara Gruen is the best-selling author of Water for Elephants *and* Ape House.

I KNEW I WAS HAPPY WHEN...

I Went a Little Wild

By Georgia Pellegrini

Eight years ago I was a college graduate, working as an analyst on Wall Street. I lived the work-hard, play-hard life of long hours and town cars and fancy clothes and drinks at rooftop bars. The money was seductive, but I was feeding my bank account, not my soul. One late night, as I was being driven home, I just broke down crying, thinking, This can't be the answer. This can't be the rest of my life.

The silver lining about being that unhappy is that you're forced to think about what makes you happiest. I had grown up fishing and foraging on my great-grandfather's land in upstate New York, and I started to realize that was the future I wanted—one that focused on nature and food. I began cooking for myself again and devoured stories about chefs like Julia Child and Amanda Hesser, who had the magical sort of careers I wanted. Then I took the biggest leap of faith of my life: I quit my job, spent my savings on culinary school, and eventually convinced the chef at a restaurant in Provence, France, to let me come work for him. I was so grateful to be doing what I loved that I didn't mind the longer-than–Wall Street hours, or the burns on my arms from the hot stoves, or even the rundown cottage where I slept each night with a tablecloth for a blanket. I was finally feeding my soul again.

Today I have a side business hosting adventure getaways for women who want to reconnect with nature and themselves. I tell them: You grow yourself every time you roll up your sleeves and try something new. Get dirty changing your own tire! Laugh until it hurts! Speak your mind! I love to see the Amazonian look women get in their eyes when they find their self-sufficient, slightly wild side. *That's* happiness.

Georgia Pellegrini is the author of Modern Pioneering *and* Girl Hunter.



Pellegrini, "feeding her soul" in a garden in France

HEAR ME OUT, PEOPLE...

Can We Stop Trying to Be Happy All the Time?

Who ever promised we'd feel good 24/7 anyway? **Jane Buckingham** says there are better things to aim for.

These days everyone seems to be walking around, saying, "Just do what makes you happy." That mantra is supposed to be this great gift, but in fact it can be a total curse. Consider this: It used to be you needed a job that provided for you and your family; now you need a job that fulfills you every day. You used to search for a good partner who had flaws you could live with. Now you need to find your *soulmate,* with whom you want to have sex *all the time.* The truth is, sometimes work is, well, work. Sometimes the guy snores. Basically we're seeking an unattainable level of happiness that is impossible to find.

So I think it's worth asking: How much happiness is *enough*? Are we supposed to be ecstatic *all the time*? It's a selfish and empty goal to some degree, not to mention a luxury that only the middle class and above can typically afford. Would we know happiness without sadness? Can we really take shortcuts if we want a life that, overall, feels full and rich? Stop comparing yourself with everyone on Facebook and Instagram. Be satisfied with what you have. Lasting happiness is setting a goal and working at it so you can achieve something you feel good about.

Jane Buckingham is the author of The Modern Girl's Guide to Life.

HEY, IT'S OK...

Because happiness starts with cutting yourself some slack already

...if "animals cuddling" is the top-searched term in your browser history.

...to pay double on airfare just because you need to see the sun. On a beach. Now.

...to invent a reason to go out tonight since you finally *nailed that damn cat eye.*

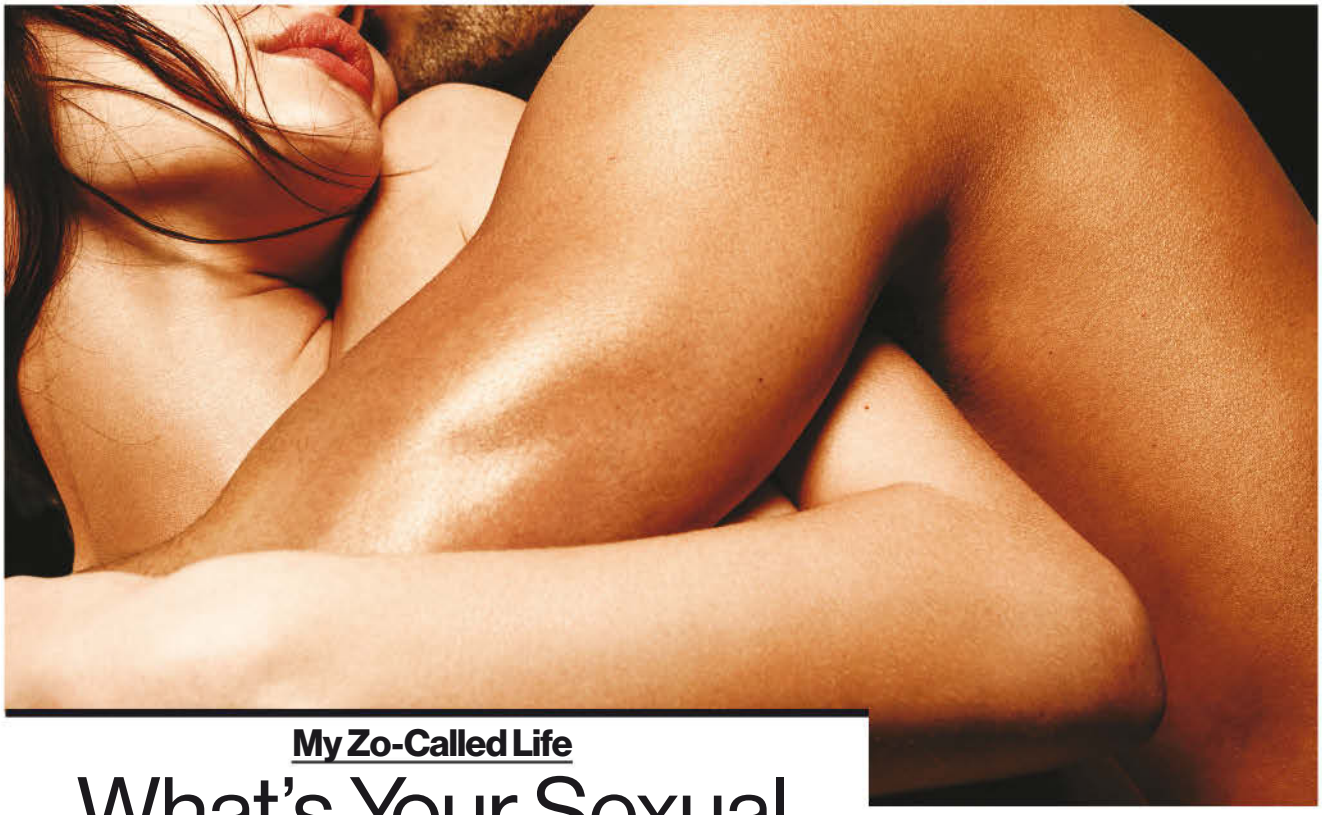
...to want to run screaming from the conference room whenever Josh "I Have an M.B.A." from accounting heads to the PowerPoint control panel.

...to be a little dubious about a friend's wedding registry. Since when does the Microwave Queen need a pizza stone?

UMM, *NOT* OK...

...if you're 26 and your parents still pay your cell phone bill. Cut the cord on that family plan!

OPPOSITE, FROM TOP: MARK LEIBOWITZ. BENJAMIN TORODE/GETTY IMAGES. THIS PAGE: COURTESY OF SUBJECT



TOP: SØLVE SUNDSBØ/ART + COMMERCE. MAMET: JEMAL COUNTESS/GETTY IMAGES. OPPOSITE: **RENNIE SOLIS.**
SURVEY DATA COLLECTED FROM 1,105 MEN AGES 18–44, FEBRUARY 27–MARCH 3, 2014, USING SURVEYMONKEY AUDIENCE

My Zo-Called Life

What's Your Sexual Blueprint?

Everyone's got one, says columnist **Zosia Mamet.** Here's how to rewrite yours for the better.



I happened to have a rather pleasant first sexual experience. I loved my boyfriend, he loved me, it didn't hurt, there was a full moon out, and we shared a cigarette (sorry) after. I didn't wake up the next morning feeling like I had lost something or I was a different person; I wasn't scared.

My introduction to sex had been at age five with a "mechanics" talk from my mother, accompanied by a home-drawn diagram (which I asked to color in). And then, like a lot of young girls do, I discovered the bathtub faucet but worried that I was doing something disgusting and sinful.

But my sexual blueprint—and by *blueprint* I mean the definition of S-E-X we all live by—was really formed when, after all those early experiences, I entered into a slew of terrible, often abusive, and most definitely not enjoyable experiences with men. I had boyfriends who forced me to do things I didn't want to, in places I didn't want to, in ways I didn't want to. Early on, nothing about sex felt good. Mostly I just wanted to get it over with. Coupled with an eating disorder and a bad body image, this all made sex, in truth, kind of awful.

By the time I was in my early twenties, my sexual blueprint had been drafted, and it was not a house I wanted to live in.

But this isn't a sad story. Thankfully, I was lucky enough to meet someone who helped me draw new plans, and my early experiences got me thinking: Why is it so hard for us women to break free of that early definition of sex?

I've read that sex can affect women more intensely than men—and I believe it. Guys get a pleasure hormone from orgasm; we get a "bonding" hormone. So it's no surprise that we can, as women, bond not just to our partners but to the very idea of what sex is, should be, could be, isn't. But if you believe too much in your blueprint, I have to warn you: You could arrest your own sexual development. A friend of mine dated a guy early on who didn't like foreplay or kissing, so to her, sex was the act, not the emotions. Another friend started out with

WHAT MEN THINK

GUYS, CAN WE TALK ABOUT MASTURBATION?

The whole truth, and nothing but, from 1,000 men. By Ben Kassoy

So tell us: Do you masturbate?

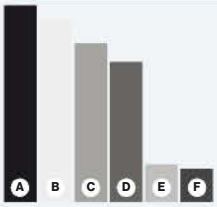
What kind of silly question is that? Of course I do. — 100%

Nope — 0%

What's the greatest number of times you've masturbated in a single day?

1–2 times **24%**
3–5 times **57%**
6–10 times **15%**
11 or more times **4%**

Where's the weirdest place you've done it?



A. Outside **42%**
B. At work **39%**
C. In a public restroom **34%**
D. While driving **30%**
E. At a party **8%**
F. On a plane **7%**

a guy who thought her "hardware" was "gross," so for *years* she wouldn't let anyone go down there. But these blueprints, of course, turned out to be false! They were just one experience. Like life, sex is a learning process. I sure hope that at 80 I know more about my body and my partner than I do now, and that an idea I came up with at 19 isn't keeping me from the fun.

All of this became even more interesting to me when I came home one night to my boyfriend and his guy friends talking about how at a young age they were all welcomed into the sexual community. Some of their brothers gave them porn, most of their dads gave them "the talk," they *all* discussed masturbation with friends—none of which I experienced. Their blueprints were awesome. But as young girls, my friends and I never spoke about sex; never, say, looked for Mom's porn stash or a big sister's vibrator. Most of us thought masturbation was shameful and dirty. (In fact, from what I've gathered, most of us thought it was something shameful and dirty that only *we* had ever tried.)

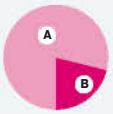
Yes, it's easy to form a sexual blueprint, but I'm here to tell you, it's just as easy to break it. Of course having a giving partner is essential, but your blueprint comes from you; *you* create it. At the risk of sounding super cheesy, you are the master of your sexual universe. It was an incredibly long and arduous process for me, given that my blueprint was such a nasty one, but eventually I burned it up. Well, almost all of it. So far I've learned to remember that sex is meant to be enjoyed, and to stay present and open. No one sexual experience is *the* experience. Even with the same partner it can change over years, weeks, days. So let go of that silly drawing, toss it, or roll it up and shove it in a closet—you don't need it. All you need is yourself, your body, and an open mind. Because wouldn't it be fun to constantly decorate a new house?

Follow Girls *actress and columnist Zosia Mamet on Twitter @ZosiaRMamet.*

Do you fantasize about your significant other while you're doing it?

Sometimes **57%**
Most of the time **27%**
Never **16%**

Do you masturbate more when you're single or in a relationship?



A. Single **79%**
B. In a relationship **21%**

Jake: A Man's Opinion

Jake Answers Your Secret Sex Q's

The gross ones, the weird ones, the ones you made him promise he wouldn't print your name next to

"Balls. What to do with them?" a reader wrote in to ask me recently. (Funny thing, I often ask myself that very question!) So for this month's column, I thought I'd shine a light, so to speak, on the things that make you go "*Hmm,*" straight from my Dear Jake inbox:

Why are guys so obsessed with anal sex?

Well, when you give a massage, don't you tend to rub where and how you'd like to be rubbed? Same applies for anal. Guys get pleasure from having things (your finger, ideally; no sharp nails, please) in their ass, so they assume you'll feel the same. And for some women (not all), it *is* pleasurable. Plus, it's novel and a little taboo—performing anal is like having a sanctioned affair. We're cheating on your front with your behind.

Period sex: What do guys think?

Just ask. Depends on the guy. Personally, I don't mind at all. I'll grab a towel, and then we have amazing, extra wet, extra hot sex (many women I've been with have reported that they are horniest during that time of the month). My squeamish friend Henry,* however, is not a fan. "I can't watch horror movies, and I can't do period sex," he says. "Just not my thing." So, as with so many things in the bedroom, talk it over.

The grundle: What's it for?

To be honest, I had to google "the grundle." Turns out that it's the taint (the perineum, which 'taint the butt and 'taint the package). OK, so on that: Sex is about exploration; it's like *Star Trek*—boldly going where no man has gone before. So go ahead, fundle the grundle! (No, there isn't a sex act called fundling, but hey, invent one!) Why's it so sensitive? Because biology: There are major nerve endings there. Remember, every man is different; I love being touched anywhere. Others, like squeamish Henry, consider it a "no-fly zone."

And balls. What to do with them?

Ever heard the urban legend about Sly Stallone giving advice on set to "stroke the shaft and cup the balls"? Now you have. It's good advice! Balls are like teen boys: incredibly sensitive and not good under pressure. So cradle them, but please don't rub or tug them. The scrotum, though, is a different ball of "whacks": "I like when a girl pulls my sack a bit, the skin between the balls," says Ted. Maybe your guy's like Ted—or maybe he's more like Sly. So just ask, "Does this feel good?"



What did he just suggest?

Jake is a single guy living in L.A.

*Some names have been changed.

.com Have a question for Jake? Tweet him @glamour_jake and read his advice at **glamour.com/about/jake.**



Konner, far left, with Leive in her production company's offices. Love the faux-book wallpaper ("very L.A.," she says).

Step Into My Office

How a *Girls* Girl Gets Ahead

Once a temp moonlighting as a writer, Jenni Konner now runs HBO's hit show *Girls*. She tells Cindi Leive how you can land your dream job—and the pay to go with it.

Jenni Konner is sometimes called the grown-up behind *Girls*. And the executive producer and writer (she shares those duties with Lena Dunham and Judd Apatow) admits she's a mama bear; the cast even has to warn her before getting a tattoo! But there's a reason you want Konner, 43, in your corner: This mother of two has nailed how to keep your work life (and *life* life) happy. I made her tell me everything...or at least I tried.

CINDI LEIVE: So let's start with what's ahead in season four of *Girls*.

JENNI KONNER: I think HBO has a gun at the back of my head right now if I [say]!

CL: You're really not allowed to tell?

JK: I really can't. We have some fun guest stars: Zachary Quinto, Spike Jonze, Gillian Jacobs. It's really a fun year. None of which I can tell you about.

CL: Excellent. So as executive producer, you have to be incredibly creative—and also be business-minded. Is that tough?

JK: It isn't. I mean, it *is* very hard work, but I am a big believer in not micromanaging; I hire really, really talented people and trust them to do their jobs.

CL: At one point you described yourself, when you were starting out, as the most in-demand temp in New York City.

JK: I'd quit my job at a production company and was like, I'm going to be a writer.... I became a temp, and it was the midnineties, when there was the Internet boom and the normal group of graduates ready to fill in didn't exist. It was just me. So you know when supermodels were like, "I don't get out of bed for less than—"

CL: Ten thousand dollars—

JK: I was like, "I don't get out of bed for less than $21 an hour!"... I temped at Chanel and the New York Stock Exchange, and then I'd come home and write.

CL: Tell me how you and Lena met.

JK: I was obsessed with her movie *Tiny Furniture*.... We have the same agent, so I'd have them make copies and give them to people and be like, "You *have* to watch this."

CL: You were the unofficial distributor.

JK: That's what Judd called me, exactly. Lena then made a blind script deal at HBO, and they were looking for someone who had run shows before to supervise her, and [our agency] said, "Her stalker is also a client of ours." [*Laughs.*] And so we talked on the phone, and we just fell in love.

CL: I wanted to ask you about the press conference where Lena was asked—

JK: Oh, the rage spiral.

CL: Exactly, the rage spiral. Lena was asked why there's so much nudity on *Girls*.

JK: Yeah, the reporter asked something like, "Why do you have to be naked all the time on *Girls*?"

CL: Tell me why that pissed you off.

JK: First, it felt like, Do some research, dude. We'd answered that *400,000* times. The second thing was, had it been "What about the nudity on the show?"—but it wasn't; it was an aggressive question. That's why Judd and I got so protective of Lena...and truthfully, I was on a juice cleanse; it was, like, two days before the Golden Globes, so I was really cranky. I think I took out three years of nastiness about Lena on that guy.

CL: In some ways it was a maternal response; you're sort of a mom figure with the team.

JK: I'm very protective. I also spend 90 percent of the time trying to get them not to get tattoos or do weird things to their hair. I fail at that mostly.

CL: Lena's obviously learned a lot from you—

JK: She's learned all the things now. Now she's *my* mentor.

CL: So what are some of the Lena Lessons?

JK: She pushes for a truth that is beyond anyone's imagination.... And she's a person who, at three in the morning—literally, she's been working for 20 hours; she's just done some gnarly sex scene—and she's exhausted, and the makeup woman starts to put makeup on her, and she says, "Hey, Patricia, how's your night going?" It's that compassion I can learn from every day.

CL: In Hollywood you've got to be a really skilled negotiator. Any advice for a woman who wants to be paid her fair value?

JK: For me, it was really helpful to be able to feel like I could walk away. If you truly feel like "I deserve this, and if I don't get it, I'm going to trust that something else will come along," that really helps. Ask for what you want, and know you're worth it. And once you get that job and that raise, hire women. In exchange for my advice, you have to hire a lot of women!

CL: Noted! And one last question: At *Glamour*, we do Dos & Don'ts; what's the ultimate *Glamour* Don't at your office?

JK: To be unkind to anyone. There's no room for that. Not on my watch.

Tablet Exclusive! Konner has more work Dos & Don'ts; watch the video in our digital edition. Download it from your device's app store.

PHOTOGRAPH BY MARK LEIBOWITZ

advertisement

— *the* —

GLAMOURATI

LIGHTS, CAMERA, LASHES

On September 25, *Glamour* and Lancôme hosted a fabulous event at Macy's Herald Square to support the launch of Lancôme's Grandiose Mascara. Shoppers met and mingled with *Glam Belleza Latina* Editor Patricia Reynoso and Lancôme National Makeup Artist Ricardo Costales to learn tricks of the trade and snap Instagram photos of their lashes using the hashtag **#startbending**.



NEW YEAR. NEW YOU.

2015 is gearing up to be all about the mix. On both sides of the Atlantic get ready to see softened silhouettes underpinned with sporty essentials. Lucky for you, Nordstrom Rack has it all at up to 70% off. Pick, choose and make your own statement. It's a new year, and a new you.



NORDSTROM rack

LIVE GLORIOUSLY

Pop some bubbly and add a little sparkle to your life with Gloria Ferrer, one of the most acclaimed sparkling wine houses in California. You'll experience a vineyard full of possibilities including daily tours, group tastings, food and wine pairings, and more. Can't make the trip? Visit **gloriaferrer.com** to have this world-class wine sent directly to your door.



© 2015 by Condé Nast. *Glamour* is a registered trademark of Advance Magazine Publishers, Inc.





HER WORDS TO LIVE BY:
"Curiosity never *killed the cat. I encourage all young women to stay curious."*
—Eva Longoria, in front of a photo of children she met in Cartagena, Colombia. **Roland Mouret** dress.

PHOTOGRAPH BY WILLIAMS + HIRAKAWA



STYLIST: JESSICA DE RUITER FOR THE WALL GROUP; SET DESIGNER: ABRAHAM LATHAM FOR ART DEPARTMENT; HAIR: SASCHA BREUER FOR STARWORKS ARTISTS; MAKEUP: KATHY JEUNG FOR THE MAGNET AGENCY; MANICURE: KAREN GUTIERREZ FOR NAILING HOLLYWOOD. STILL: RUTH PRIETO. COURTESY OF SHOW OF FORCE. SEE GLAMOUR SHOPPER FOR MORE INFORMATION

Glamour Women

Eva's Mission

Inspired by her sister with special needs, Eva Longoria is determined to help every girl—from Texas to South America—get an education.

Eva Longoria is walking very, very carefully. Not to keep a stiletto from catching on her gown. Not to dodge the crush of reporters on the red carpet. No, this time she's in work boots and baggy cargoes, making her way through streets filled with garbage, trying to avoid the glares from gangs in a Colombian slum. The visit is part of *A Path Appears,* a multipart documentary premiering this month on PBS, based on the book by Pulitzer Prize–winning couple Nicholas Kristof and Sheryl WuDunn. The series takes viewers from the trailer homes of Appalachia to the barrios of South America, and reveals some of the real causes of gender inequality. Longoria and other celebrities investigate issues like sex trafficking and poverty. ("[It's] much more than just not having enough money; it's not having *hope,*" Jennifer Garner says in the film.) *A Path Appears*, however, is not only about problems—it's about solutions and the ordinary people making an extraordinary difference.

Longoria's trip to Cartagena spotlights one of the leading reasons girls there drop out of school: One in five 15- to 19-year-olds in Colombia is currently pregnant or already a mother. "Every step we took, there was another pregnant child, and none of them were in class," she says. "It was epidemic." But the actress, who recently went back to school to get her master's degree in Chicano studies, has always believed in the power of education. "My older sister Liza was born with special needs, and I watched my mom become a teacher's assistant so that she could stay with her in the classroom," she explains. That early memory is what inspired her to make education a cornerstone of her two charities, Eva's Heroes, for people with intellectual disabilities, and the Eva Longoria Foundation, which provides Latinas with STEM programs and other educational support. "Sometimes the only way to help," she says, "is one neighborhood at a time, one family at a time, one girl at a time."

That single-girl focus is why—even though, at 39, Longoria has acting cred (*Desperate Housewives*), a producing deal (*Devious Maids* is going for a third season), a cosmetics contract (L'Oréal Paris), and political clout (she was an Obama campaign cochair)—she picked her way through garbage in the barrio last year.

> "I don't know anyone who works as tirelessly for a multitude of causes as Eva does. She is an incredible woman, and one I'm very proud to call a dear friend."
>
> —fashion designer Victoria Beckham

During filming she met one 17-year-old who'd gone into prostitution to help feed her destitute family and then become pregnant. "She was so young and terrified," says Longoria. "But I just kept saying, 'You will be more than this.' I don't think she'd ever heard that." Those experiences mean everything to the star. "I never dreamed of being an actress with this big a platform, but now I can help women reach their true potential. *That's* what I'm proud of."

The Conversation

Is America Ready for a Female President?

Political analyst **Jeff Greenfield** asked that question in this magazine nearly 40 years ago. Now, as election watchers wait to see if Hillary Rodham Clinton will run again, he wonders: What's changed and what hasn't?

"Millions of Americans simply cannot accept the idea of a woman president."

If those words sound hopelessly outdated...well, they are. They were written by me for this magazine 39 years ago, when the impact of the women's movement was only beginning to be felt in politics. Today, nearly four decades later, polls suggest that a woman president is not just probable but imminent.

Polls, no doubt, can be written in sand; Hillary Rodham Clinton, after all, was the "probable" and "imminent" next president nine years ago. But over the last 40 years, changes in our politics, our society, and our attitudes have eradicated nearly every obstacle that once blocked a woman's path to the White House. Whether Clinton (or another woman) is or isn't elected in 2016, the glass ceiling that kept a woman from becoming president—or even a presidential nominee—has been effectively shattered.

So as Clinton's much-anticipated announcement looms over the 2016 campaign, let me show you just how far we've come. Back in 1976, as I reported, 49 percent of men and a disturbingly high 40 percent of women said they would be less likely to vote for a woman presidential candidate than for an equally qualified male. Now? According to a Pew poll in May, a full 71 percent of voters said gender would make no difference, and 19 percent said they'd be *more* likely to vote for a woman.

Why this quantum leap? In that original *Glamour* piece, I argued the most powerful force on the side of female candidates would be "time—time for women to enter the ranks of government, in decision-making, pressure-filled, executive jobs."

And the years have delivered. Women have entered the "decision-making" ranks in government and across the board, in job after job once seen as the exclusive province of those with XY chromosomes. In 1976 not a single woman sat in the United States Senate. Of those who had served, all but one had "inherited" the job from her husband. No woman had ever sat on the U.S. Supreme Court or in one of the "big four" Cabinet positions (state, defense, treasury, attorney general). And beyond politics, you would have been shocked to find a woman in the corner office of a Fortune 500 corporation or sitting solo at a network news anchor desk.

In 2015, for the first time ever, more than 100 women will serve in Congress. While the number of female senators still stubbornly hovers at around 20 women, in three states—California, New Hampshire, and Washington—both senators are women. Over the past four decades, 22 states have elected female governors; Arizona has done it three times! Many of the so-called daddy arenas—diplomacy, war and peace, law enforcement, money—are also no longer "men only" turf. Three secretaries of state have been women; so have two national security advisers and three U.N. ambassadors. Until Clinton stepped down, in 2013, women held *all* these key posts in this administration. We are a long way from genuine equality—Rwanda and Afghanistan have a higher percentage of women in their national legislatures than the U.S.—but it's a sea change from 40 years ago.

What was once eye-opening is now totally familiar outside the political realm too: Women anchor the network news, run Yahoo and General Motors, direct war movies. Critics of National Football League Commissioner Roger Goodell like to raise the idea of replacing him with Condoleezza Rice. What's remarkable now is how *un*remarkable the idea sounds.



Hillary Clinton is the favorite, but you also say Kirsten Gillibrand, Michelle Obama, Elizabeth Warren, and Condoleezza Rice would make great candidates.

What 1,000 Women Think

Glamour *asked you: Do we need a female in the Oval Office?*

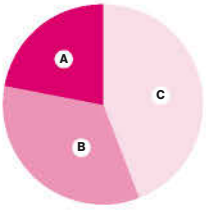
Most of you say qualifications trump gender

74% say that "it makes no difference to me" if a presidential candidate is female or male. "Sex doesn't matter; competence does," one explained.

But **52%** still believe it's important for the country to elect a female president. "It's time," said one survey taker. Added another: "I want my daughter to feel like she can do anything."

And **59%** say it's important to have a woman in some capacity on a presidential ticket—even as VP.

You're not sure 2016 will be the year we break the glass ceiling



A. **22%** think we'll elect a female president in 2016.

B. **34%** say it will happen in 2020.

C. **44%** say it will be 2024 or later.

ILLUSTRATION BY JOHN RITTER



There is, of course, one other factor that has changed the idea of a woman president from long-range possibility to short-range probability: It almost happened.

Hillary Clinton's 2008 White House run is viewed by some as a failure: a combination of bad strategy, bad management, and bad tactics. Her loss is also seen by many of her sternest supporters as proof of the still powerful sexism that would burden any female candidate.

While looking back over the blizzard of comments about her 2008 campaign, I kept running across the same handful of examples of that sexism: dumb statements by cable news talking heads ("When she comes on television," said Tucker Carlson, "I involuntarily cross my legs"); two louts at a Salem, New Hampshire, rally yelling, "Iron my shirt!" at her; the Hillary Nutcracker on sale at novelty stores. But for all the sexism, for all her campaign's missteps, she came within a whisker (if that's not too male a reference) of winning the nomination. By the time the primaries ended in early June, she and Barack Obama each had more than 18 million votes. And it should not be overlooked that Obama was treated with exceptional deference by the political press, and Clinton suffered by comparison. (Maybe journalists in real life didn't act quite like those in the classic *Saturday Night Live* skit by providing the answers to the questions they were asking, but the disparity was obvious.)

Was the loss because Hillary Clinton is a woman? Or because she is this *particular* woman, whose ties to the forty-second president may have turned out to be a liability at the time? In the fall of 2007, when Clinton was dominating the polls, Republican strategist Mike Murphy cautioned me, "This is a 'change' election, and she can't run as a 'change' candidate."

Besides, Clinton's 2008 defeat will hardly hold her back: From Andrew Jackson to Ronald Reagan, candidates have come back to win nominations and elections after primary failures. Now, with her years as secretary of state added to her Senate service, her credentials are as strong as those of any potential president, past or present, especially in an election in which national-security issues such as ISIS, Ebola, and Russia's militancy promise to loom large. What seems clear is that the questions she will have to answer will have far less to do with her sex than with who she is, what she's done, and what she stands for (though the recent, ludicrous questions about her "grandmotherhood"—an issue never raised regarding presidential grandfathers—suggest she won't be immune to gender idiocy). There will, of course, be other questions, as there should be: Is she too old to run? Politicos asked that of Ronald Reagan, Bob Dole, and John McCain; it's a concern she, like them, will have to put to rest. Was her tenure as secretary of state a success, or was she naive about Russia's aggressiveness and Islamist extremism? Does she have real answers to the economic health of the middle class? These same questions would be asked if we were talking about Henry instead of Hillary Clinton.

Finally, and most significantly, the probability of our ultimately having a woman president does not depend on whether Clinton wins, or even runs, in 2016. There is now a wide range of potential presidents in both parties. On the left, Massachusetts Senator Elizabeth Warren, New York Senator Kirsten Gillibrand, and New Hampshire Governor Maggie Hassan have great credentials. On the right, the bench includes Senator Kelly Ayotte of New Hampshire and New Mexico Governor Susana Martinez, who may be most intriguing if you're a Republican worried about the women's vote and the Hispanic vote.

As I've learned, making a political prediction can be dangerous. A woman might not make it to the White House in the next four or eight years—this is a steeply narrow pyramid; we elect only one person at a time to the very top. That's why, even when discrimination ends, there will be a lot of groups that will go a very long time before having a president who "looks like" them.

But it's impossible to imagine 2016 and not see that the prospect of a woman president is a matter of "sooner, not later." No wise pundit would want to stand under that political glass ceiling. G

Jeff Greenfield is a five-time Emmy Award–winning TV analyst and author.

CLINTON: WIN MCNAMEE/GETTY IMAGES. GILLIBRAND: LARRY FRENCH/GETTY IMAGES. OBAMA: KEVORK DJANSEZIAN/GETTY IMAGES. WARREN: RAY TAMARRA/WIREIMAGE. RICE: CLIVE BRUNSKILL/GETTY IMAGES. WHITE HOUSE, FLAG: SHUTTERSTOCK. SURVEY DATA COLLECTED FROM 1,110 WOMEN AGES 18 AND UP, OCTOBER 23–27, 2014, USING SURVEYMONKEY AUDIENCE

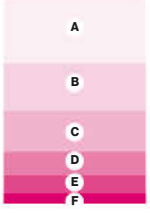
You see Hillary as the favorite...

92% of Democrats and **64%** of Independents say Clinton would win their vote, though only **13%** of Republicans would choose her.

Said one in favor, "She's tough, determined, and fully invested in our country." But opponents complained, "I am not a fan," and, "After Benghazi I have no confidence in her."

...But she's not the only option

You think these women would be strong candidates as well:



A. **45%** say former Secretary of State Condoleezza Rice.
B. **32%** say Senator Elizabeth Warren (D–Mass.).
C. **28%** say First Lady Michelle Obama.
D. **16%** say Senator Kirsten Gillibrand (D–N.Y.).
E. **12%** say former Governor Sarah Palin.
F. **7%** say New Mexico Governor Susana Martinez.

And you know it's not easy for women to run

92% believe any woman running for president will face sexism.

Meet Your Guy of the Month: Orlando Bloom

The epic-fantasy figure (and cute dad) is gluing on his elf ears one last time. Get ready. **By Kate Branch**

Long silver hair and cloaks don't typically come across as sexy, but on Orlando Bloom? Sorry, they just are. The newly single Brit, 37—who starred in a stage version of *Romeo and Juliet* last year and whose final installment of *The Hobbit* is in theaters now—talked to *Glamour* about his current main squeeze: four-year-old son Flynn.

GLAMOUR: There's no getting around it: You're a tabloid favorite. But it seems like you escaped the paparazzi while filming the *Lord of the Rings* trilogy and the *Hobbit* series in New Zealand.

ORLANDO BLOOM: That was one of the things I loved about being in New Zealand. But in the U.S. I tend to keep my hat on and my eyes down.

GLAMOUR: Does Flynn travel with you while you're overseas filming?

OB: Yeah, he was on set for a while [in New Zealand]. Hopefully, travel broadens the horizons. I want to have an impact on my son. The most important thing in my life is to nurture, respect, and grow that relationship. I have a great relationship with his mum [model Miranda Kerr]. We're very lucky that we're great coparents.

GLAMOUR: Now that you can toss the elf ears, what's up next for you?

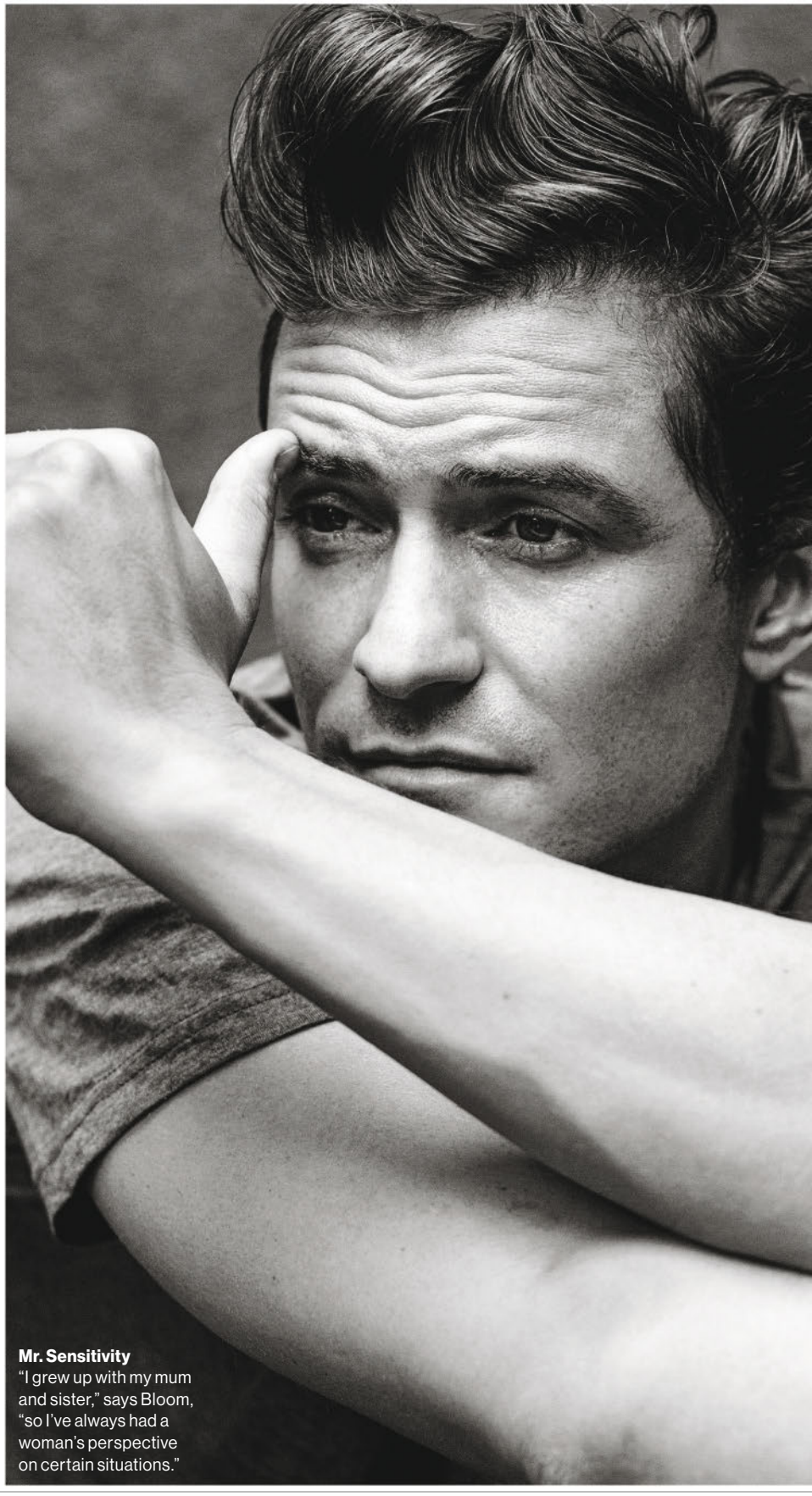
OB: I'd love to return to theater. [Flynn] is based in Los Angeles, so I've thought about doing something there.

GLAMOUR: Will you miss the sword fights?

OB: I'll still sword fight, but it'll be with my son on the beach, in fields—wherever!

GLAMOUR: If you hadn't become an actor, what do you think you'd be doing?

OB: I would have done something with my hands. Sculpture was my thing, and I was very passionate about documentary photography too. I still like to walk around and take photographs, but it's hard to do that if a lot of people are looking at you. G



Mr. Sensitivity
"I grew up with my mum and sister," says Bloom, "so I've always had a woman's perspective on certain situations."



BLOOM: MATTHEW BROOKES/TRUNK ARCHIVE. OPPOSITE, CLOCKWISE FROM TOP: PAUL SCHIRALDI PHOTOGRAPHY/HBO; JEFFREY NEIRA/CBS; ALEX MARTINEZ/FOX; NATHANIEL E. BELL PHOTOGRAPHY/NETFLIX. DANNY FELD/TBS/EVERETT COLLECTION

Three Cheers for TV's Grown Women!

Suddenly, the smartest, sexiest roles are going to actresses with—can it be?—crow's-feet. Here's why that's good for all of us.

By Megan Angelo

If I had a nickel for every actress I've seen in a role she's way too young for, I could fight my own wrinkles with La Mer.

Hollywood has long denied the fact that women age, which is why we've had to tolerate on-screen mothers who in real life are only 14 years older than their TV sons (ahem, Kirsten Cohen on *The O.C.*). The over-40 actresses have typically been shut into bit parts or sidelined altogether; as recently as 2012 only 19 percent of female TV characters were between 40 and 64. "Female actors over 40 have traditionally fallen off a cliff," says Madeline Di Nonno, CEO of the Geena Davis Institute on Gender in Media.



But in just two TV seasons, the average heroine's age on your DVR has ticked up, up, up. *Law & Order: SVU*'s Mariska Hargitay and *Parks and Recreation*'s Amy Poehler paved the way, and now this year's new shows bring an influx of over-40 female leads: *Madam Secretary*'s Téa Leoni, *How to Get Away With Murder*'s Viola Davis, and *CSI: Cyber*'s Patricia Arquette. The fifties, sixties, and seventies are in play too—see the upcoming Netflix show *Grace and Frankie*, starring badass senior citizens Jane Fonda and Lily Tomlin. Here's why that's great:

Because couples are more real.
A rugged male lead matched with a taut love interest at least 10 years his junior remains a groanworthy TV tradition. Even NBC's *Marry Me*, which I love, is guilty: Ken Marino is 46 to Casey Wilson's 34. But those age gaps do seem to be closing on-screen—*Modern Family*'s Ty Burrell and Julie Bowen are 47 and 44, respectively. *Mike & Molly*'s Billy Gardell and Melissa McCarthy are 45 and 44. And at 50, Courteney Cox is six years older than her *Cougar Town* husband! (By the way, can we please retire the term *cougar*? It's just gross.)

Because more birthdays = more power.
In 2012 only 14 percent of the professional executive characters on TV were women. "In the real world you hit your career prime in your fifties," Di Nonno says. "But women that age weren't shown at all." The newer shows change that: Lisa Edelstein's best-seller status on *Girlfriends' Guide to Divorce* and Connie Britton's self-owned record label on *Nashville* are things women earn over the course of years. It's nice to see that hard work reflected on-screen.

Because aging is—shocker!—actually appealing.
That's part of why this is so exciting for those of us still on the before side of 40. Who wants to believe that women peak at 25? I remember how stressful it felt, in my early twenties, to watch TV characters my age who had it all plus a doorman. Today, at 30, I feel better about being a work in progress, and all the characters who have it together in *middle* age is a big reason why: In prime time, as in real life, there's a lot to look forward to.

5 MORE THINGS I'M LOVING THIS MONTH

#1
YOUNGER ON TV LAND
Love this adaptation of *Glamour* contributor Pamela Redmond Satran's novel about a fortysomething's career reboot.

#2
AMY AND TINA ARE BACK
Is it bad that I'm more excited to watch these two host the Golden Globes this month on NBC than to see who actually wins?

#3
HAYLEY ATWELL ON ABC'S *MARVEL'S AGENT CARTER*
It's about time we got a woman leading a superhero show on prime time. Atwell, we're rooting for ya (and your pin curls).

#4
MEGHAN TRAINOR'S *TITLE*
With her debut album, the "All About That Bass" singer-slash-body-image-idol proves she's more than a one-hit wonder.

#5
LIFE PARTNERS
This rom com about gay rights and best friends stars real-life couple Leighton Meester and Adam Brody. My early-2000s-loving heart is fluttering.

ILLUSTRATION BY SEAN McCABE

BANISH DRY SKIN

EVEN RELIEVE ECZEMA



ALLERGY TESTED ★ PARABEN FREE

SAFE FOR SENSITIVE SKIN

ULTRA REPAIR® CREAM ★ FACTS

169% Immediate Improvement in Hydration*

Instantly Absorbed Whipped Texture

Long-lasting Moisture from Head to Toe

*Average results of a clinical study on 23 women.

FIRST AID BEAUTY®

Get free samples of Ultra Repair Cream at

SEPHORA



We're Excited for You, 2015!

...and for all the new things you bring: new clothes, new hair, a new outlook on life, all right here.

CLOCKWISE FROM BOTTOM RIGHT: 1. ROLAND MOURET DRESS. 2. LOEWE DRESS; VALENTINO SANDALS. 3. NILI LOTAN TOP; CHLOE SKIRT; JENNIFER FISHER CHOKER. 4. SPORTMAX JACKET; TANYA TAYLOR TOP; THAKOON SKIRT; KARA ROSS NECKLACE. SEE GLAMOUR SHOPPER FOR MORE INFORMATION



Jump Start
The chicest way to step up your fitness routine? Wear sneakers with everything—yep, even a long gown—and you'll think twice before taking that cab. "When I'm traveling, I pack my tennis shoes, and then I can go for a run anywhere," says Kloss. "A marathon is on my bucket list. If you can accomplish that, then you can really do anything."

Altuzarra dress. **Vionnet** briefs, $960. **Nike** hat, $32, sneakers, $125. **Apple** earpods, $29. **Chanel** watch, $6,200. **See Glamour Shopper for more information.**

New Year, New Look

Whether your goal is getting fit or learning to code, 2015 is all about dreaming big. As for your new wardrobe? Karlie Kloss offers a preview of spring's freshest looks to inspire you.

Photographs by **Patrick Demarchelier**

Fashion editor: **Jillian Davison**



Green Goddess
Looking to clean up your act? Start by cultivating your green thumb. "As an athlete, I've always thought of food as fuel. Clean energy makes you perform and feel better," says Kloss, who supports Edible Schoolyard NYC. Spring's supernatural floral looks deliver a dose of greens without the garden work.

Marni top, $1,070, skirt, earrings, $870, belt, $790. **See Glamour Shopper for more information.**



Girl Who Codes
Here's a New Year's resolution for you: Learn to code. "It's not as hard as I expected," says Kloss. "Being able to speak and read this language is like a superpower." In leather pants and boots, she also proves computer geek can be chic. Visit code.org for more info.

Givenchy coat, top, $2,990, pants, $3,310, belt, $620, boots, $3,625. **Hermès** bag, stylist's own. Craving red lips? Try **L'Oréal Paris** Infallible Pro-Last Color in Infallible Red ($13, at drugstores). **See Glamour Shopper for more information.**



Life Is Sweet

Love making desserts from scratch? Take cues from Kloss, who turned her baking habit into a business when she launched Karlie's Kookies with Momofuku Milk Bar. Proceeds from sales of her vegan, deliciously guilt-free treats are donated to worthy causes. Sweeten the deal with this season's crop tops and matching tea-length skirts. Eat your heart out, Betty Crocker!

Erdem top, $1,730, skirt, $4,395. **In-House Atelier** head scarf, $65. **Brock Collection** apron, $175. **Delfina Delettrez** ring, $830, earrings, $920 each. **Miu Miu** shoes. **See Glamour Shopper for more information.**



Make the Cut

Transforming your entire look is as easy as one, two, snip. "A great haircut can change everything. Finding the right style or a flattering color is incredibly empowering," says Kloss, who recently became a global face of L'Oréal Paris. Whether you decide to go shorter, take it lighter, rock a wig, or chop it all off, "hair always grows back, and that's the beauty of it," she says.

Marc Jacobs dress, $3,900. **Repossi** rings, $3,995 each. **See Glamour Shopper for more information.**



Skirt Alert

Kick off the New Year by giving your wardrobe a stylish update—this season, a crisp button-down and an embellished swing skirt. And no one cuts it all better than Michael Kors, left. "His style is all-American, chic, and classic," says Kloss. "I think every woman can relate to that."

Michael Kors shirt, $595, skirt, belt, $295, shoes, $950. **Fred Leighton** earrings. **See Glamour Shopper for more information.**



Hit the Note

It's never too late to pick up (or relearn) an instrument. Just ask Kloss, who played piano throughout her childhood and is now starting lessons again. An ethereal tulle gown like this will make your next performance simply magical.

Delpozo gown. **Fred Leighton** earrings. **No. 21** shoes, $536. **See Glamour Shopper for more information.**



Your Best Selfie

Want to improve your amateur director skills this year? (Or just make a better Instagram video?) Take a tip from Kloss, who is currently working on a "top secret project documenting my life and travels," she says. "Beautiful, natural light makes or breaks everything." Whether behind the camera or in front of it, this buttoned-up, skirt-over-pants look has serious star power.

Chanel jacket, top, $2,700, skirt, $4,500, pants, $2,300, hat, $1,025, necklace, $3,625, belt, $850, shoes, $1,350. **See Glamour Shopper for more information.** Writer: Brittany Adams. Model: Karlie Kloss at IMG Models; hair: Teddy Charles for Art + Commerce; makeup: Maud Laceppe for Streeters; manicure: Rieko Okusa for Susan Price NYC; grooming for Kors: Losi for Brydges Mackinney; production: Brachfeld; set design: Piers Hanmer for Art + Commerce.

Reese Goes Wild

And we're cheering! Reese Witherspoon talks to her friend **Cheryl Strayed**—the writer whose life she portrays in the memoir-turned-movie *Wild*—about her Oscar-buzzy role and her hard-won happiness (spoiler alert: It took her till her thirties).

Photographs by **Matt Irwin**

Fashion editor: **Laura Ferrara**



What She's Learned

"I don't think I realized [in my twenties] that no one else makes you whole," Witherspoon says. "You have to take responsibility for your own happiness."

J. Mendel gown. **Uribe** earrings, $220. **Ruifier** gold ring, $355. Diamond rings, her own. **Narciso Rodriguez** heels. **See Glamour Shopper for more information.**

I want to hug you" were the first words Reese Witherspoon said to me when we spoke on the telephone after she'd read my memoir, *Wild;* she'd called to say she wanted not only to produce the film but also star in it, playing me. I didn't know then how often we'd be doing that—talking and hugging—over the three years that followed, as we developed the singular bond that one can have only with the woman who plays you in the movie of your life. I'd sent my book to Reese because I'd long admired her acting. But more important, I'd always sensed her authenticity beneath the veneer of the diverse characters she portrayed—from June Carter in *Walk the Line,* a role that won her an Oscar at just 29, to Elle Woods in *Legally Blonde*. And my hunch was right. In *Wild,* the story of my 1,100-mile solo hike on the Pacific Crest Trail following the devastating loss of my mother and my marriage, Reese brings both her talent and humanity fully to bear. A month before the film's release, Reese and I caught up on *Wild,* plus her husband, Jim Toth, and her kids, Ava, 15, Deacon, 11, and Tennessee, two, over tea at the Four Seasons in Los Angeles. Cheers.

CHERYL STRAYED: So how are you, Reese?
REESE WITHERSPOON: Good! You look cute. I like your hair like that. You look like you stayed up too late and made some bad decisions.
CS: Like a wild woman! So, my dear, we're gonna talk about the movie and life. People keep telling me that you played "against type" in *Wild*. I ask, "What's her type?" They say, "America's sweetheart." Do you think you played against type by playing me?
RW: Do I think you have ruined my reputation? No. I don't think anybody is one thing. We're all an accumulation of our life experiences. I've been doing movies since I was 14 years old, and I've changed so much over that time.
CS: I don't see you as America's sweetheart. When did that start?
RW: I don't know. I certainly didn't self-identify as anyone's sweetheart. I'm friendly, but I don't think I'm sweet. I'm honest.
CS: I think women get typed more often than men. Do you agree?
RW: Well, guys get the Sexiest Man Alive problem. They're doing the performance of their life, and people are like, "Gosh, didn't expect this from the Sexiest Man Alive."
CS: Have you ever been the Sexiest Woman Alive?
RW: Hell, no.
CS: I nominate you. A few weeks before we began shooting *Wild,* you told me you were afraid. What scared you about playing me?
RW: I was scared of the really emotional scenes. I was scared of the sexuality. I was scared of the grittiness and of being bare on-screen. It's not just about having no makeup on your face, like I did in the film; it's about not being conscious of how you're perceived, allowing yourself to be broken, the way you did so fearlessly in the book.
CS: Let's talk about those sex scenes. Were they hard to do?
RW: Yes, it's hard to do sex scenes with strangers.
CS: Just for the record.
RW: It's not fun. It wasn't fun for the guys. I called you so mad! I was like, "Please don't make me do this."
CS: The director, Jean-Marc Vallée, kept wanting everything to be so realistic. Whatever I said I did on the hike, he would make you do.
RW: Um-hmm.
CS: You came to me right before production and whispered, "Did you shave?" I said, "Of course I didn't shave on a hike." And you—
RW: Said, "Please tell Jean-Marc that you shaved your legs."
CS: You said, "That's where I draw the line! I'm from the South!" How did you get into character? Were you thinking about you? Me?
RW: Probably half and half. Maybe thirds: one third you, one third me, one third my mother. My mom's mother died when she was 50 and my mom was 20—I never knew my grandmother—and my mom still carries that grief. A big part of my performance in *Wild* is my mother and [her sorrow about] losing her mom at a young age.
CS: You and I and Laura Dern, who plays my mother, Bobbi, in the film, have talked about how much we respect our mothers.
RW: Yeah, totally. My mom saw the movie with Laura Dern's mother, and they held hands the whole time they watched the movie. Laura and I were talking about it later, and we realized that if we never said another word to our mothers about how important they were to us, we knew they saw themselves on that screen when they watched *Wild*. They saw how important they were in our lives.
CS: We have also talked about how our mothers are human—not the cookie-cutter ideal—and that we *want* fully human moms who do make missteps. What's important is how much they loved us.
RW: Oh, yeah. I'll always remember these platitudes my mother said to me, like "Your job is your life insurance. Don't ever let anybody take it away from you." This is so dumb, but the other day Ava said, "Well, Mom, you said that drinking water with lemon is good for my body." I burst into tears, going, "Oh my God, you listen to me!" Parenting triumph.
CS: What do you want to teach Ava about being a woman?
RW: To not be ashamed about any of her experiences. To live life fully, with curiosity and love, and to be brave.
CS: What do you want to teach your sons about being men?
RW: The same thing.

> "When I was on the floor crying... [my friends] put me in the shower, put my clothes on, took my kids to school."

CS: I was 35 when my first child was born. How old were you?
RW: I was 23. I didn't know what I was doing. I was young. It was shocking. When people ask, "When's the best time to get pregnant?" I say, "Pick the best day for when your entire life is gonna change." There's no good time to have your world turned upside down.
CS: It does turn upside down, doesn't it?
RW: Yeah. No one tells you to grieve the loss of your privacy—
CS: Or your ability to use the restroom when you want to.
RW: I don't think there's been an hour of my life since Ava was born that I don't think of my kids. I call it my CNN ticker tape: Is Ava OK? Yes. Is Deacon OK? Yes. Is Tennessee OK? Yes. Back to Ava.
CS: You were raising two kids while you were growing up yourself. Looking back, what advice would you give that 23-year-old Reese?
RW: You're gonna make me cry, Cheryl. You always make me cry.
CS: I always do.
RW: All those things that you're worried about are not important. You're going to be OK. Better than OK. You're going to be great. Spend less time tearing yourself apart, worrying if you're good enough. You *are* good enough. And you're going to meet amazing people in your life who will help you and love you.
CS: That's all so true.
RW: I don't think I realized [in my twenties] that no one else makes you whole. You have to take responsibility for your own happiness. That took me until I was about 31 to know. It wasn't easy to realize, Oh wait, I am purely responsible [for my life]—no relationship, no children, no nothing is going to make you a happy person. Every

CONTINUED ON NEXT PAGE

Blond or Brunette?
"Who knows! I haven't seen my real hair color since I was 16," Witherspoon says. "I'm Southern, honey. We don't like our natural hair."

Gucci dress. **Ruifier** ring, $355. Love her tousled waves? Try **Garnier** Fructis Texture Tease ($4.50, at drugstores). **See Glamour Shopper for more information.**





This Is 38. This Is Wise.
"There comes a time when you have to be brave enough to go, 'I really don't care what other people think,'" Witherspoon says.

Mugler dress. **Phyne by Paige Novick** earrings. Into her peachy lips? Try **Chanel** Rouge Allure Gloss in Sensible ($34, chanel.com). **See Glamour Shopper for more information.** Hair: Serge Normant for Jed Root; makeup: Mai Quynh for Starworks Artists; manicure: Deborah Lippmann for The Magnet Agency; production: Brachfeld; prop stylist: Juliet Jernigan for CLM.

day you have to choose to find and cultivate your own happiness.

CS: And we've also talked about how you have to take risks because the best things happen outside your comfort zone. But you have to grow into knowing that.

RW: Yes. Even three years ago I was doubtful about starting a production company and taking on a role like this one in *Wild*. I was worrying about what other people wanted me to do. There comes a time when you have to be brave enough to go, "I really don't care what other people think. I'm going to follow my passion."

CS: Why have you felt more willing to take risks lately?

RW: Well, I have to say a very healing part of my life is my wonderful husband, Jim. It's really wonderful being with somebody who supports me, who loves me, who is my number-one fan. That is such an incredible experience. You have to be ready for those things. I had to be in a place where I felt all those things about myself.

CS: You have to be ready for that kind of relationship.

RW: And find someone who's taking care of their side of the street—their own happiness—for themselves.

CS: I'm Jim's biggest fan. How important are women friends?

RW: I am so, so lucky to have girlfriends who, when I was on the floor crying, upset about things that happened in my life, came over, stood me up, put me in the shower, put my clothes on, took my kids to school, brought me dinner. You know? I love my girlfriends, and I protect those relationships fiercely.



Witherspoon as her friend (and *Glamour* interviewer) Cheryl Strayed in *Wild*

> "I have to say a very healing part of my life is my wonderful husband, Jim."

CS: Female friendships are a treasure, which is a direct contradiction to the way they have often been portrayed—competitive, cutting one another down. That's not been my experience.

RW: People always talk about how women are cutthroat in business and Hollywood. But that has not been my experience at all. I find women are nurturing, supportive, and complimentary of each other.

CS: Who are your role models for strength, resilience?

RW: Melinda Gates, whose mission is to bring vaccinations to third world countries. Marian Wright Edelman [founder and president of the Children's Defense Fund], who fights to get better health care and education for kids. I'm inspired by people who write beautifully, like you, by people who find the emotional center of things and connect the dots. That's big. You can sleepwalk through life, or you can see all the meaning.

CS: I love what you've brought to life in *Wild:* this character who had to honor the mother who loved her well and forgive the father who didn't.

RW: Do you feel like you resolved those things on your hike?

CS: I think I came to some resolutions, mostly the very big things, like accepting my mom was dead, which is what I needed to understand to begin to heal.

RW: I've been in the position of trying to figure it all out. I think I connected to that in your book. Saying goodbye to someone you love—I have had that experience. I've been divorced; I've had that experience. I've had experiences I've felt embarrassed about. But being able to see that they're all part of the journey in my life that leads me to this moment now...

CS: What other moments that you're proud of have led you to now?

RW: One big one was a few years ago, in Washington, D.C., addressing 100 female judges from all over the world about the importance of women in law and women fighting for their rights. The first thing I said was "I am not a lawyer, but I played one in a movie" [*Legally Blonde*], and they all applauded. To know that something I did affected so many women's lives was profound.

CS: Speaking of *Legally Blonde*, can we talk about shoes? As you know, shoes played a large role in *Wild*. The boots I wore on my hike never fit me properly. I lost six toenails. And you had foot makeup? Prosthetics?

RW: Yes, prosthetic toes.

CS: And then doing all this Hollywood stuff with you, I had to wear heels for the first time in my adult life. My feet hurt then, and now, 19 years later—

RW: You've come full circle! I apologize for dragging you into this situation. But seeing you in heels makes me happy, in that pesky little-sister way.

CS: I'm not always up on the latest YouTube sensations, but I recently saw a video of you dancing at a wedding last summer.

RW: Yeah? Was it funny? I mean, are you laughing because you envy my dance moves?

CS: Did you see it?

RW: No. Is it hysterical?

CS: You are so adorable. You know what? I'm answering my own question. *This* is why you're America's sweetheart! Because you're just like all of us: When you dance, you dance with abandon. The only difference is, when it's you on tape, it goes viral. But truly, we all have more in common than we think.

RW: We're all swimming in the same stuff.

CS: Time for a speed round: Wildest moment of your life?

RW: Seeing my kids for the first time was primal. The ferocity of the love you feel for your children when you see them for the first time—but you've known them inside you—is phenomenal.

CS: Blond or brunette?

RW: Which am I? Who knows! I haven't seen my real hair color since I was 16. I'm Southern, honey. We don't like our natural hair.

CS: OK, when was the last time you laughed?

RW: I just laughed for, like, an hour, Cheryl!

CS: Last time you cried?

RW: I cried, like, four times while we were talking.

CS: Biggest regret? That you talked to me for this interview?

RW: I don't do regret. Everything that happens in your life—the good, the bad—is meant to happen.

Cheryl Strayed is the author of the New York Times *best-sellers* Wild *and* Tiny Beautiful Things *and the novel* Torch. *She lives in Portland, Oregon, with her husband and their two children.*

Tablet Exclusive! Witherspoon talks about the F-word—*feminism*, that is—in an exclusive video in *Glamour*'s digital edition. Download it from your device's app store.

MOVIE STILL: ANNE MARIE FOX



1. Focus on *today*'s goal, not the long-term.
"Aiming to lose 20 pounds is great, but it won't keep you plugging away," says Los Angeles celebrity trainer Ashley Borden. "The instant gratification of achieving smaller goals, like actually getting up for your morning workout today, tomorrow, and the day after that, *will*."

Alexander Wang top, $225. **Stella McCartney** jumpsuit. **Nicholas Kirkwood for Erdem** sandals. Want bronzed skin? Try **Victoria's Secret** Self-Tanning Tinted Spray ($15, victoriassecret.com). **See Glamour Shopper for more information.**



2. Don't say anything negative about your body. *Not a thing!*
"The point of a resolution is to improve, not to tear yourself apart," says Borden. "So no talking sh-t." Feeling critical? Write down your thoughts—and throw them away.

Donna Karan New York shirt, $750. **Marni** briefs, $410. **Trademark** hat, $98. **Fay Andrada** bracelets, $142 for three, ring, $104. On skin, try **Clinique** Superdefense Moisturizer SPF 20 ($47, clinique.com). **See Glamour Shopper for more information.**

The Body Project

If "shape up" is anywhere on your resolution list this year, we've got 13 not-too-hard ways to get there. Let model Alessandra Ambrosio's body confidence inspire you. By Shaun Dreisbach

Photographs by **Gilles Bensimon**

Fashion editor: **Jillian Davison**



3. Log the cardio.
Make it the high-intensity, interval-training variety and you'll need just 20 minutes, two or three days a week, to maximize weight loss. "Intervals give you a major postworkout calorie burn," says Borden. Go to glamour.com/interval-training for a do-anywhere routine.

Azzedine Alaïa dress. **Fay Andrada** earrings, $152. **See Glamour Shopper for more information.**



4. Tone *all* your parts.
"A lot of women work only the muscles they see in the mirror," says Borden. Include moves that strengthen your back, butt, and hamstrings (go to glamour.com/health-fitness/workouts for how-tos), and you'll help reverse the computer-body syndrome that comes from sitting at a desk all day.

Mikoh swimsuit, $284. **J.W.Anderson** hat, $795. Need a temporary smoothing fix? Try **Clarins** Body Lift Cellulite Control ($69, clarins.com). **See Glamour Shopper for more information.**



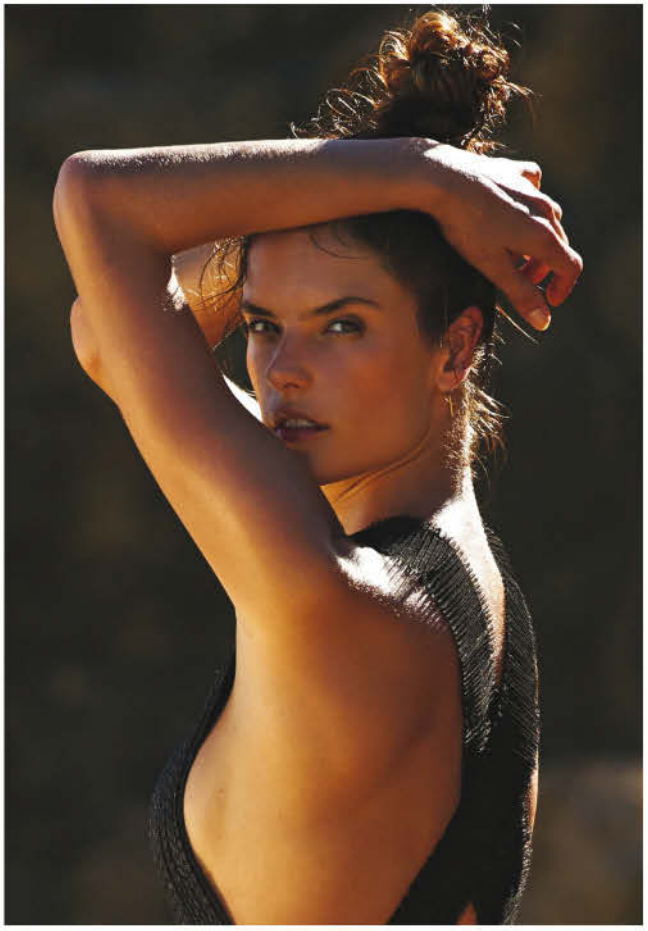
5. Take five minutes to stretch after a workout. "Recovery is just as important as training," says Borden, "yet no one gives a crap about stretching until they start falling apart." At the very least, do it while you watch TV. But *do* it.

Lisa Marie Fernandez swimsuit, $385. Opposite page: **Boss** dress. Like her dewy glow? Try **Victoria's Secret** Body Prep Smoothing Scrub ($18, victoriassecret.com). **See Glamour Shopper for more information.** Model: Alessandra Ambrosio at DNA Model Management; hair: Kayla MiChele for Wella Professionals; makeup: Justine Purdue for Tim Howard Management; production: Sinclair Questel for St Barth Excellence Travel.

And **8** More Resolutions...

All expert-endorsed. Bonus: Not one of them's a juice cleanse!

6. Drink like a grown-up. "Your red-Solo-cup drinking days are over, so don't treat every night out like a frat party," says Rachel Beller, R.D., founder of Beller Nutritional Institute in Beverly Hills and author of *Eat to Lose, Eat to Win*. "Aside from the harm that drinking too much can do to your health—like upping your breast cancer risk—there's no way you can knock back cocktail after cocktail and lose weight. I just saw a patient who stopped losing weight, and she was shocked when I explained that her drinking was equivalent to eating two Snickers bars four nights a week." Keep it to no more than two drinks, two nights a week.



7. Do a different kind of cleanse. Want to flush your body of toxins? Then "cleanse your fridge and pantry of packaged, processed foods and gross frozen dinners," says Beller. Replace them with fresh produce and foods that have short ingredients lists—under five is ideal—and are as minimally processed as possible. And don't feel compelled to do a liquids-only plan; "you'll achieve absolutely nothing from a total juice cleanse but negative results," says Pamela Peeke, M.D., an assistant clinical professor of medicine at the University of Maryland School of Medicine in Baltimore and author of *The Hunger Fix*. "You might lose weight, but do you know why? Because most juice cleanses are so low in calories and protein that you end up cannibalizing your own lean muscle mass and slowing your metabolism. That's why everyone gains weight after a cleanse. It's probably the worst thing you can do."

8. If you don't know how to cook, learn. "Many young women have absolutely no clue in the kitchen, so they wind up eating out a lot," says Beller. "And we all know what happens when you go down that rabbit hole: You eat bigger portions of less healthy food." To help patients get over a culinary mental block, Beller, armed with a baking sheet and a few supplies, visits their homes to give no-excuses cooking lessons. She explains: "I'm like a personal infomercial selling them on how easy it is. So they have to sell me on how they can't do it. And they never can." All you need to do is toss precut veggies (broccoli, green beans, carrots) and a piece of fish or poultry onto a baking sheet, add a little olive oil, season with salt and pepper, pop it in a 400°F oven, and walk away. Ten to 15 minutes later you have dinner. "Total no-brainer," she says. "It's like a gateway recipe."

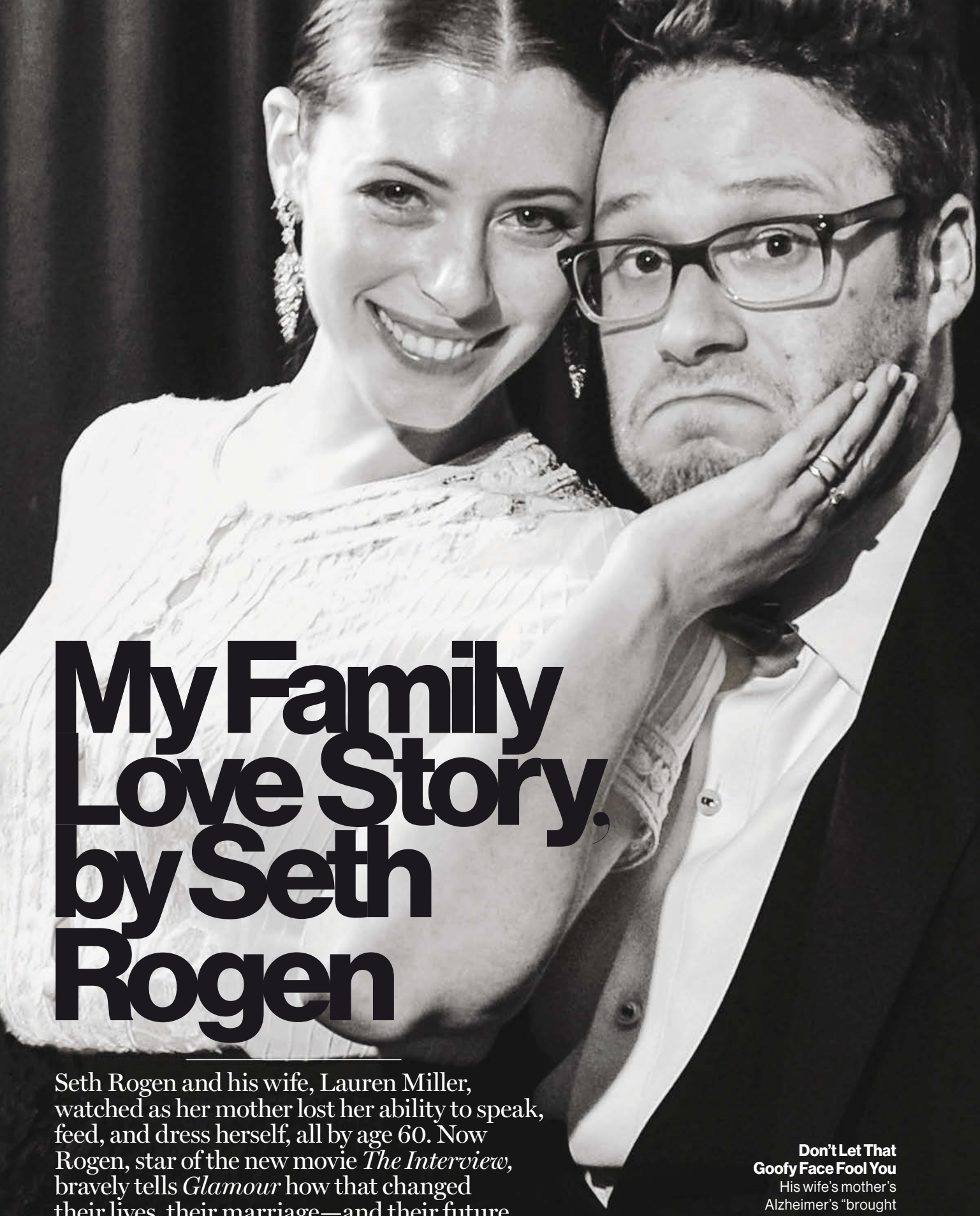
9. Scrap crunches—stand up to work your core. Your ab and back muscles are responsible for every movement you do every single day—and they cinch and flatten your waist. The best way to work them? "Planks are fine, but core exercises that you do standing are more challenging," says Borden. She likes the "farmer carry": Hold a heavy dumbbell (at least 15 pounds) in each hand, with knees slightly bent, chest up, and belly button pulled toward the spine; take 20 steps forward; set down the weights and take a 10-second break; then pick up the weights, and walk 20 more steps. (If you can finish this easily, you need to use heavier weights.)

10. "Get a hell of a lot more sleep." That's a direct order from Dr. Peeke. You can't lose weight, be happy, use your brain, and stay healthy without at least seven and a half hours of shut-eye every night. So it's a valuable use of your time. Mini lecture concluded.

11. Treat your workouts like a business meeting. "Put them in your calendar, and honor them," says Borden. "And don't give me that whole 'no time' thing." You know all those people at the gym? They have the same 24 hours that you do, and they figured it out. So can you.

12. Woman up: Try the heavy weights. Borden is all about low reps (10 per set) with lots of weight—enough weight so that you almost can't finish the last rep—at least once a week. (Hey, if you can carry your niece, you can lift a 30-pound barbell.) "It releases hormones that promote leanness and tone," says Borden. "The same doesn't happen with high-rep, low-weight workouts like those barre classes. And don't even try to tell me, 'I don't want to get bulky,' because it won't happen." Will. Not. Why? Because you're not a man with muscle-boosting levels of testosterone.

13. Invest in a fitness tracker. "They're awesome," Borden says of gizmos like Fitbit Flex and Nike+ FuelBand, which monitor your activity level and help you set reminders to get up and move. "They get you in the habit of paying attention to your body and not letting it get lost in your busy day," she says. "It's like having a personal trainer on your wrist."



My Family Love Story, by Seth Rogen

Seth Rogen and his wife, Lauren Miller, watched as her mother lost her ability to speak, feed, and dress herself, all by age 60. Now Rogen, star of the new movie *The Interview*, bravely tells *Glamour* how that changed their lives, their marriage—and their future.

As told to Alex Morris

Don't Let That Goofy Face Fool You
His wife's mother's Alzheimer's "brought us closer" says Rogen, here with Lauren.

I think humor can help all the time. But as I've found out over the last decade, there's very little that's funny about Alzheimer's. It's not something you can write jokes about. How do I know? My family is dealing with this thing.

I first met my wife, Lauren, 10 years ago this May, at a birthday party at El Cid, a Spanish restaurant in Los Angeles. We'd been together only for a few months when I met Lauren's mom, Adele, and dad, Scott. They had flown to L.A. for the premiere of *The 40-Year-Old Virgin*. That trip was when Lauren first started to realize something wasn't quite right with her mom. Adele spoke less than she had in the past, and when she did talk, she'd ask the same question a lot or repeat the same story.

I remember Lauren saying, "It's happening." She'd experienced Alzheimer's with her grandparents; she could see the signs. She cried about it a lot because she knew.

I tried to be supportive, but at that time I didn't quite have the context of what a long, brutal road we had ahead of us. Whenever a couple has to deal with something like this, it brings them closer together or splits them apart. It brought us closer. Dealing with this intense stuff, just a few months into our relationship, forced us to be more communicative than we would have been.

We moved in together after a year, basically, and in 2010 I proposed to Lauren when she was changing in our closet. I had more elaborate plans, but once I got the ring, I felt like I had a nuke hidden in my garage, and I had to unload it. She was not entirely clothed at the time. I got down on one knee, and she said yes, and then we ate buffalo wings and watched *Top Chef*. It was a great night. We got married in 2011.

The first few times I met her mother, I definitely got a sense of who she was, but not the full effect. A few years into our relationship Lauren's mother was officially diagnosed with early-onset Alzheimer's. For some, a diagnosis can be a relief—you know what you're dealing with. But when we got the diagnosis, it made things harder. We couldn't hope that it was *not* Alzheimer's anymore. Adele had been a teacher for 35 years and had to stop working. Her condition continued to deteriorate. I would go to visit their place, and she wouldn't say much. She'd just wipe up in the kitchen for a long time, and they didn't have that big a kitchen. She was getting lost in busy physical repetition, a common symptom, and it was more obvious something was off.

It was a long process, but slowly, over years, caring for Adele became a 24/7 job for Lauren's father. At first she was fine at home alone; eventually she needed a wheelchair and someone to feed her and clean her. Lauren and I started to realize that caring for Adele occupied 100 percent of her father's life. We needed to try to help *him*. That's when we moved her parents to L.A., just a few blocks from where we live. We bought them a duplex. Her father's on one side, and her mother and full-time caretaker are on the other side.

Being a part of a family that is dealing with this thing changes my day-to-day life immensely. We help financially—as does Lauren's brother, Dan—and socially, by being around and seeing Lauren's father. The depressing thing about Alzheimer's is you *can't* do anything a lot of the time. But just *sitting* there, watching it happen, was emotionally brutal. So we started Hilarity for Charity to raise money for research and awareness.



Seth with Lauren, her brother, Dan, Adele, and Scott

The idea of being involved in a charity always felt very inorganic to who I was—in the past, there was nothing I cared about that much, and I was very aware that it would look weird if all of a sudden I was the spokesman for something that I had no personal connection with. Then this stuff with Lauren's mother started happening, and it was organic for me to talk about Alzheimer's. It didn't feel like I was trying to do charity just to do charity.

One thing we're doing with the money we've raised is, well, we thought, Wouldn't it be nice if *everyone* could afford to provide the type of care I'm very fortunately able to help provide? So we partnered with senior-care organization Home Instead to offer grants to provide in-home care for people who can't afford it. That's exciting for Alzheimer's families.

And then I was invited to speak to members of the Senate. Lauren was proud of me, but no one—only two senators—attended the subcommittee meeting. And I'm a famous person, so I can't imagine how few people would have shown up if I weren't there! I believe the biggest obstacle from where we are now to the disease being cured is the government not taking a more active approach to finding a cure. Alzheimer's is the number-six cause of death in the U.S.; of the top 10 leading causes of death, Alzheimer's is the least funded and the only one with no treatment whatsoever. I've had scientists tell me that their students—researchers who could maybe cure Alzheimer's someday—do not feel inspired to go into that field because of how underfunded it is.

With my Senate testimony, I think, for one moment, Alzheimer's became a trendy thing to be talking about, which is the first very small step. It's not a glamorous disease. There are no success stories. There is a stigma: Only old people get it, so people in their twenties, with parents in their fifties who have it, feel weird talking about it. It took Lauren years to talk about her mother's illness with her friends; I think one of the most noble things she's done has been to get involved in the charity. It's forcing her to constantly dwell in a world that I'm sure she'd rather just not think about altogether.

> "In our morbid moments, we know that Lauren could get this disease—it runs in her family. That scares me, but we remain hopeful."

The truth is Alzheimer's will ultimately kill Lauren's mother. It will take a long time, and things will slowly get worse and worse and worse, until it happens. And in our morbid moments, we know that Lauren could get this disease—it runs in her family. It's not something we talk about a lot, but it's something that's definitely out there. That scares me, but we remain hopeful it won't happen. And it doesn't have to. Doctors think Alzheimer's is curable. I mean, they've prevented polio. There are a lot of smart people out there curing sh-t.

Why not Alzheimer's next?

Rogen's new film, The Interview, *opens in theaters December 25. See hilarityforcharity.org for more information on fighting Alzheimer's.*

MILLER AND ROGEN: LARRY BUSACCA/VF13/WIREIMAGE. FAMILY PHOTO: COURTESY OF SUBJECT

Vice Girl

Crisp denim. Snug turtlenecks. Floaty dresses. Some pieces never go out of style. Katherine Waterston, star of the new movie *Inherent Vice*, demonstrates the timeless appeal of fashion classics.

Photographs by **Dan Martensen**

Stylist: **Samantha Traina**



Jeans Story
Update the classic combo of wide-leg jeans and a turtleneck with the season's must-have mule.

Vince sweater, $245. **MiH Jeans** jeans, $216. **Jennifer Alfano** chain, $1,100, pendant, $1,875. Rings, from left: **Michelle Fantaci,** $290; **Aurélie Bidermann,** $235. **3.1 Phillip Lim** mules, $475. **See Glamour Shopper for more information.**



All Smiles
Waterston's style philosophy: "I look for pieces in which I can answer yes to the following questions: Can I go to dinner in this? Can I do the twist in this? Can I hop on a boat, a plane, or someone's back in this?"

Equipment blouse, $248. **Michelle Fantaci** arrowhead necklace, $720. **Jennifer Fisher** necklace, $250. Love her rosy glow? Try **Estée Lauder** Pure Color Cheek Rush in X-Pose Rose ($30, esteelauder.com). **See Glamour Shopper for more information.**







A Star Is Born
Waterston, clockwise from left, alongside costar Joaquin Phoenix; dressed to kill in orange crochet in *Inherent Vice;* and with her father, *Law & Order* actor Sam Waterston

INHERENT VICE (2): WARNER BROS. ENTERTAINMENT INC. WITH HER FATHER: VALERIE MACON/ GETTY IMAGES

Amid all the daze and confusion in Paul Thomas Anderson's film noir *Inherent Vice,* set in the seventies and in theaters now, one thing is crystal clear: Katherine Waterston, 34, is Hollywood's next big thing. From the second she walks on-screen in her first major role, as the mysterious and leggy Shasta Fay Hepworth, the daughter of actor Sam Waterston is all anyone can watch, and not just because she's totally nude half the time. After the film's world premiere at this past fall's New York Film Festival, *The New York Times* called the New York University grad "a breath of fresh acting talent"—not an easy feat for a newcomer playing alongside a guy-heavy roster that includes Joaquin Phoenix and Owen Wilson. And while we're no doubt going to see her everywhere soon, don't expect Waterston to go all Hollywood and suddenly start juicing, spinning, or buying It Bags. Here's what keeps her real—now and always:

She's legitimately old-school. On the Brooklyn set of our fashion shoot, instead of gushing over the racks of Saint Laurent and Céline, Waterston talked about her recent shopping spree buying...vinyl records in NYC's Greenwich Village. "I've been on a

Dress Code
The new way to wear your favorite boho dress? With flat sandals—very of-the-moment.

Saint Laurent by Hedi Slimane dress. **Will Leather Goods** belt, $60. **Christian Louboutin** flats, $865. Want sleek hair that lasts? Try **John Frieda** Moisture Barrier Firm Hold Hairspray ($7, at drugstores). **See Glamour Shopper for more information.** Hair: Ben Skervin for The Magnet Agency; makeup: Justine Purdue for Tim Howard Management; manicure: Michina Koide for Art Department; prop stylist: Abby Walton for Lalaland Artists.



record-buying binge lately," she says. "It's probably some Neanderthal urge to pick through things." Even her workouts are vintage: "I walk a lot and stretch—I exercise like an old lady in therapy."

She's not just another Hollywood daughter. Her dad is a decades-long mainstay on *Law & Order*, but Waterston once said she couldn't even land a guest spot on the series when she auditioned years ago. Now that she's past all that, Waterston has not only won roles on her own accord but is also genuinely grateful once on set. "I think an actor owes everything to the people around them," she says of her costars. "They give me a sense of security."

She's proud of her body—and wants you to like yours too. In the film Waterston bares *all*. "People assume I had to overcome some paralyzing fear in order to stand naked in front of a camera, but that wasn't my experience at all," she says. To prepare, she thought about women in the seventies and how free they felt about their body; it was surprisingly helpful: "I wonder if it's doable for women to let go of some of society's pressure instead of throwing their hands up in the air and saying, 'I've always hated my body, and that's just who I am,'" she says. "It's dopey-sounding, but [my character] taught me that I can look at [my body] in a different way." Love that. —*Kate Branch*

Bold Proposal
Primary stripes pop on a streamlined knit set. The effect is dizzyingly cool!

Céline top, skirt. **Lizzie Fortunato** earrings, $195, necklace, $265. **Kara Ross** wood bangles. **Pono by Joan Goodman** resin bangles, $28 each. **Stella McCartney** sandals, $1,055, worn throughout. **See Glamour Shopper for more information.**





Meet the Midi

Not too long and not too short, the new midlength skirts are just right (and flattering, actually). Wear like this.

Photographs by **Sebastian Kim**

Stylist: **Natasha Royt**

The New Proportion
The modern way to wear a midi skirt? With an elongated, chunky sweater and even chunkier shoes.

Issey Miyake yellow knit dress (worn as top), $760. **Chloé** navy dress, white skirt. **Cara Croninger** earrings, $300. **R.J. Graziano** wood bangle, $35. **Stella McCartney** brass bangle, $695. **Jill Haber** bag, $1,995. **See Glamour Shopper for more information.**

Instant Chic

Looking for a fresh twist on classic black-and-white? Opt for a graphic mix of red, white, and navy.

3.1 Phillip Lim sweater, $650. **Acne Studios** red top, $290. **Iris & Ink** skirt, $175. **Stella McCartney** necklace, $1,295. **Cara Croninger** cuff, $600, ring, $400. **Reece Hudson** clutch. Want her glowy cheeks? Try **Maybelline New York** Face Studio Master Hi-Light Blush in Mauve ($10, at drugstores). **See Glamour Shopper for more information.**





It's a Cinch
Combining patterns? Try cinching a solid belt at the waist—it pulls your look together.

M Missoni dress, $595, skirt, $595. **Derek Lam** collared shirt, $590. **Meredith Wendell** belt, $215. **Dsquared2** shoulder clutch, $1,315. **See Glamour Shopper for more information.**

Fire Works

Liking the long-layers look? Swap out a traditional blazer for a vest coat in a vivid hue.

The Row vest. **Adam Lippes** sweater, $1,190. **Thom Browne New York** skirt. **Stella McCartney** necklace, $1,295, clutch, $2,935, sandals, $1,055. **Pono by Joan Goodman** bangles, $130 each. **Ben-Amun by Isaac Manevitz** bangle (in center), $20. **Cara Croninger** ring, $400. Love her sleek hair? Try **Aveeno** Nourish+ Condition Leave-In Treatment ($6.50, at drugstores). **See Glamour Shopper for more information.**





Lean In

Creating a long, sleek silhouette doesn't have to be a tall order. Just layer a slim tunic over a tube skirt.

Proenza Schouler sleeveless top, $750, skirt, $1,350. **DKNY** striped dress, $255. **Cara Croninger** earrings, $300. **Pamela Dutton** necklace, $645. **Kara Ross** cuff, $2,500, ring, $1,200. **Alexis Bittar** large wood bangles. **Ben-Amun by Isaac Manevitz** small wood bangle, $20. **See Glamour Shopper for more information.**
Model: Senait Gidey at IMG Models; hair: Tuan Anh Tran for Frank Reps; makeup: Kristi Matamoros for Chanel; manicure: Casey Herman for Kate Ryan.

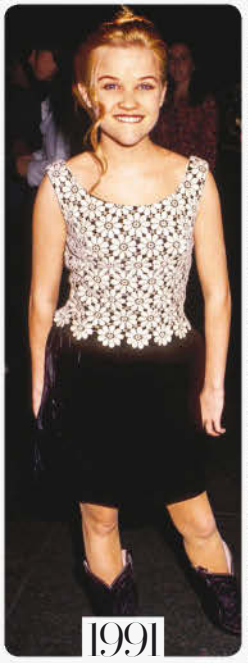
Everything you need to know about all the good stuff you just saw



COVER STAR

Reese Plays #TBT, Red-Carpet Edition

Ever wonder how our January cover girl always looks so perfect? Years of practice. Let her walk you through it.



AT THE *MAN IN THE MOON* PREMIERE (HER FIRST, AT AGE 15)

"I still have this dress. I just gave it to my daughter, Ava. Not sure she wanted it, but I gave it to her anyway."



AT THE *LEGALLY BLONDE* PREMIERE

"I was 24, and Ava was just a baby. It's so pink! I think it is Marc Jacobs. It is. It's cute. Oh my God. It's crazy."



AT THE OSCARS

"I wore Valentino the first time I ever went to the Academy Awards. And I was pinching myself I was so excited. I was bursting out of my skin."



AT THE OSCARS, AGAIN (THE YEAR SHE WON FOR *WALK THE LINE*)

"This is a Dior dress from 1957, about the time the single of 'I Walk the Line' was released. I found it at a vintage store in Paris."



AT THE MET GALA

"*Oh* yeah! That's Stella McCartney. I love Stella. She's such a woman who loves women, and you can tell by the way she cuts clothes. She loves a woman's body."

AND, BONUS:

A Few of Witherspoon's Red-Carpet Dos & Don'ts

DON'T... "drink a blueberry milk shake right before you go, 'cause all the blueberries get stuck in your teeth."

DON'T... "pick your nose. Doesn't matter how much you want to pick your nose, don't do it. And don't pick your underwear out of your butt. Just let it sit there. And smile anyway."

DON'T... forget that what's *inside* a dress counts too. "Boob management? It's pivotal. It's key."

AND DO... keep a friend who can sew close by. "In 2006, when I won the SAG Award, my dress ripped entirely up the back. In a really vulnerable place. Makeup artist Jillian Dempsey, who is Patrick Dempsey's wife, had a needle and thread, and sewed up my dress from behind—the whole thing, herself. She was amazing!"

WITHERSPOON, FROM LEFT: RON GALELLA/WIREIMAGE. BEIMAGES. RON GALELLA/WIREIMAGE. FRAZER HARRISON/GETTY IMAGES. DIMITRIOS KAMBOURIS/GETTY IMAGES



SHOP OUR SHOOTS

Midis for Every Moment

Let's get down to the midi-gritty details: This spring skirt trend (as seen on page 110) is everywhere. Here, picks at all prices, for all places.

FOR PLAY



ASOS
($105, asos.com)

FOR WORK



Zara
($100, zara.com)

FOR DRINKS



H&M
($60, hm.com)



MORE FROM HER

The *Vice* Girl's Vices

Katherine Waterston, the bombshell star of *Inherent Vice*, who models on page 106, shares a few of her own guilty pleasures.

1 A NEGRONI

"It's my favorite cocktail. Campari is the constant in my life." (Want to make the bittersweet Italian drink? Mix 1 oz. gin, 1 oz. Campari, and 1 oz. sweet vermouth in a rocks glass with ice. Garnish with an orange slice.)



2 A SAUNA

"I like schvitzing at a Russian bathhouse. It's a luxury of time more than money. I feel like I may get dragged out of there one day for staying too long!"

3 MEN IN NICE SOCKS

"This is so strange, but good socks do catch my eye. I wouldn't say I could be *won* by a good pair, but I do notice them. And bad socks—like a sport sock with a nice shoe—could be a deal breaker."

4 TURNER CLASSIC MOVIES

"I turn on Turner Classic Movies whenever I'm around a TV. Other than TCM, I have no relationship to television. It's embarrassing. If I start, I'll never leave the house. I'm afraid of the rabbit hole."

5 DARK CHOCOLATE

"But I don't believe that's a vice. It's just another food group."
—*Kate Branch*



ROLE MODEL

Non-Workout Workout Ideas, by Alessandra Ambrosio

Because no one actually *likes* the elliptical. Ambrosio (who bares her famous physique on page 98) shares her no-gym tricks.

PADDLEBOARDING

"I grew up swimming in the Atlantic Ocean off Brazil, and I still love spending time in it. Paddleboarding helps tone my arms."

BEING ON MOM DUTY

"I end up out of breath when I dress up with or chase after my kids, Anja and Noah."

WALKING HER DOG

"I often get my exercise by running around the yard, playing catch with my puppy, Lola."

HOSTING BARBECUES

"We put on fun music, and my family and friends dance. It's a great way to burn calories."
—*Alexandra Schwartz*



Ambrosio, paddleboarding in Hawaii

AMBROSIO: STARSURF/SPLASHNEWS. NEGRONI: EVGENY KARANDAEV/SHUTTERSTOCK. STILLS: **CATHY CRAWFORD**; STYLIST: JODY COOK

by Tracy Allen, astrologer

This January, Be Patient

Mercury goes retrograde on the 21st, so brace yourself for three weeks of annoying delays and miscommunications. And since Merc is in Aquarius, the friendship sign, avoid tension by giving your pals a ton of space to be themselves. Your roommate can't shower without belting out the Beatles? Buy a pair of headphones! Your New Year's mantra: Live and let live.



Happy birthday, Duchess Catherine! (January 9)

CAPRICORN, DEC. 22–JAN. 19: The egotistic sun travels through Capricorn until the 20th, giving you a free pass to be a little self-involved (it *is* your birthday month). But try not to freak out if the rest of the world isn't as focused on you as, well, you are. Didn't get the thoughtful surprise party you were hoping for? Don't make a fuss. Treat yourself to something special instead—a hardworking Cap can buy her own Swedish massage, right?

AQUARIUS, JAN. 20–FEB. 18: When Mercury goes retrograde in your sign on the 21st, some self-reflection is in order. Got the nagging feeling that your interpersonal skills need a makeover? Check in with a few close buds and ask them to give it to you straight. It's tough to take criticism (and even harder to ask for it), but your ego can handle some bruising in the name of self-improvement.

PISCES, FEB. 19–MAR. 20: Motivated Mars shows up in your sign on the 12th, lending you the energy and assertiveness you need to take on an ambitious project at work. The catch: Restrictive Saturn in your authority angle is challenging Mars on the 14th, reminding you that, while pushing yourself is good, pushing your boss's buttons is *not* good—so make sure your plan is kosher with the higher-ups before plowing ahead.

ARIES, MAR. 21–APR. 19: After Mars and all its adrenaline falls into your relaxation house on the 12th, you'll feel like your get-up-and-go is gone. If the cosmos wants you to dial it down for a few weeks, why fight it? Schedule a spa day, work from home, or binge-read *Outlander*, and don't feel a bit guilty about it. Next month, when Mars moves on, you'll have plenty of energy to make up for all that couch time.

TAURUS, APR. 20–MAY 20: Magnetic Venus is hanging out in your career sector most of the month—this is a seize-the-moment situation! You're set to make a great impression at work, so play your cards right: Dress like you just got hired, book lunches with supervisors, and for Pete's sake, if you've been sitting on any ideas, now's the time to pitch. Minor setback: You might become tongue-tied after Merc goes retrograde on the 21st, so squeeze in any meetings before then.

GEMINI, MAY 21–JUNE 20: The Mercury retrograde thing isn't such bad news for you; it'll be in your travel zone on the 21st, meaning you're practically required to revisit an old stomping ground. Take a road trip to your alma mater, or jump on off-season prices and head back to your honeymoon spot. Making memories can be just as fun on round two, no?

CANCER, JUNE 21–JULY 22: Friendly reminder: Always secure your own oxygen mask before helping others. When the full moon lands in Cancer on the 4th, a deadly combo of personal and professional stress spells impending meltdown. You've got to focus on number one right now! Sign up for a kickboxing class, swap out coffee for chamomile tea, and plan a venting date with your best friend—you're the caretaker sign, so she *knows* you'll return the favor.

LEO, JULY 23–AUG. 22: On the 20th the new moon in your partnership angle clicks with Saturn in your romance house, hinting that it's time to take a relationship to the next level. Have the DTR talk (whether it's about a key, a shared bank account, a baby). And if you're single, keep your eyes peeled; someone with long-term potential is just around the corner.

VIRGO, AUG. 23–SEPT. 22: Thought you'd get away without pledging to hit the gym this year? Too bad. Half the planets are taking turns in your wellness sector throughout the month, so even if you didn't make a New Year's resolution, you're set to kick off 2015 on a healthy note. Go to the doctor for a checkup, put your margarita mix in storage, or buy some 10-pound weights for at-home workouts. Virgo's the self-improvement sign—you've got this!

LIBRA, SEPT. 23–OCT. 22: Thanks to image-conscious Venus lingering in your self-expression house this month, you're all about being yourself. Screw trying to please everyone else! And ironically, when Venus gels with Uranus on the 13th, that authentic vibe is liable to catch the eye of a certain someone. So go ahead—tweet about your annual trip to Comic Con, or tell a fellow partygoer that you knit sweaters for your cat. Your quirks are what make you memorable.

SCORPIO, OCT. 23–NOV. 21: You're itching for a good time after Mars and Venus cruise into your pleasure house on the 12th and 27th; sadly, Saturn in your assets zone puts a damper on things by sparking a case of flagging confidence or depleted funds. A few easy fixes? Wear your favorite butt-framing jeans on your next date, or suggest a free art opening to your friends. Nothing can keep you from having a blast this month unless you let it.

SAGITTARIUS, NOV. 22–DEC. 21: When definitive Saturn in Sagittarius quarrels with planets in your past angle on the 14th and 30th, that's your signal to break out of an old pattern. Take work: If you've been temping since college and crave something bigger, start scoping out staff job listings and setting up informational interviews. You've gotta get *on* the ladder before you can climb it!

DANIEL MUNOZ/REUTERS/CORBIS

.com Get your daily forecast at glamour.com/horoscopes.

The Get-It Guide

All the info you need to buy the stuff you love in this month's issue

COVER
Narciso Rodriguez dress, $3,250, specially made for *Glamour,* narcisorodriguez.com for similar styles. Dior cuff, 800-929-3467 to special order. Ruifier ring, $675, ruifier.com.

TABLE OF CONTENTS
Page 3: Bottega Veneta coat, $4,100, sweatshirt, $690, pants, $1,900, bag, bottegaveneta.com. Fred Leighton earrings, Fred Leighton, NYC.

GLAMOUR FASHION
Page 33: Jacket, $2,350, sweatshirt, $1,200, scarf, $1,150, clutch, $2,350, gucci.com. Jeans, $550, The Row, L.A. Cap, $225, albertusswanepoel.com. Cuffs, $210 each, jennifer fisherjewelry.com.

SHOP THE TRENDS
Page 34: Marc Jacobs shirt, $895, skirt, $1,800, marc jacobs.com. Marc Jacobs bag, $2,500, Marc Jacobs, NYC. Tabitha Simmons flats, $675, net-a-porter.com. **Page 36:** Jil Sander vest, $580, shirt, $480, socks, heels, $895, select Jil Sander stores. Jil Sander skirt, $1,650, Bergdorf Goodman, NYC. Jennifer Fisher cuffs, $210 each, jenniferfisher jewelry.com.

THE MONTH IN OUTFITS
Pages 38–39: (2) Isabel Marant sweater; Maison Martin Margiela belt; Valentino bag; Chloé boots. (3) Rolex watch; Alexander Wang backpack. (4) Frends headphones; Roland Mouret boots. (5) Maison Martin Margiela sweater. (6) Lanvin trench; Burberry shoes. (8) Alexander McQueen jacket; Current/Elliott jeans; Pierre Hardy shoes. (9) Emanuel Ungaro shorts. (10) Maison Martin Margiela cardigan; Balmain skirt; Céline bag; Zara shoes. (11) Levi's vintage jeans; Maison Martin Margiela shoes. (13) Valentino jacket; Rick Owens top; Laurence Dacade heels. (14) BDG shirt; Jil Sander T-shirt; Givenchy bag. (15) Fausto Puglisi top; Salvatore Ferragamo bag. (16) Chloé jacket, heels. (17) Alexander Wang top; Céline bag. (18) Céline coat, heels. (20) Julien David skirt, shoes. (21) Brandy Melville jacket; J Brand jeans; Chloé boots. (22) Jil Sander skirt. (23) Zara blazer; Céline pants; Birkenstock sandals. (24) Ganni coat; Rachel Zoe jeans; Valentino bag. (26) Céline jacket, bag, sunglasses; Chloé top; J Brand jeans. (27) Valentino romper. (28) Preen by Thornton Bregazzi dress. (29) Chloé jacket; Stella McCartney dress. (30) Chloé jacket, skirt; Valentino bag. (31) Chloé top; Kenzo pants. All items are Yavari's own.

SPECIAL TRIBUTE
Page 42: Gown, $14,990, oxfords, $890, oscar delarenta.com; earrings, $390, select Oscar de la Renta stores.

ALL ABOUT YOU
Page 76: Roland Mouret dress, $1,195, roland mouret.com.

WE'RE EXCITED FOR YOU, 2015!
Page 83: Counterclockwise from bottom right: (1) Roland Mouret dress, $2,925, Roland Mouret, NYC. Tiffany & Co. ring, $350, tiffany.com. (2) Loewe dress, $2,250, net-a-porter.com. Valentino sandals. (3) Nili Lotan top, $354, nililotan.com. Chloé skirt, $3,295, select Chloé stores. Jennifer Fisher choker, $350, jenniferfisher jewelry.com. Michelle Fantaci ring, $290, Fivestory, NYC. (4) Sportmax coat, $1,995, Sportmax, NYC. Tanya Taylor top, $375, lane crawford.com. Thakoon skirt, $590, modaoperandi.com. Kara Ross necklace, wide cuff, $2,500, kararossny.com. Ben-Amun by Isaac Manevitz thin cuff, $20, ben-amun.com.

NEW YEAR, NEW LOOK
Page 84: Altuzarra dress, $7,900, The Room, Toronto, 416-861-4491. Vionnet briefs, $960, similar styles at vionnet.com. Nike hat, $32, sneakers, $125, nike.com. Apple ear pods, $29, apple.com. Chanel watch, $6,200, select Chanel Fine Jewelry stores, 800-550-0005. **Page 85:** Marni top, $1,070, belt, $790, modaoperandi.com; skirt, $6,400; earrings, $870, select Marni stores. **Page 86:** Givenchy coat, $18,750, select Neiman Marcus; top, $2,990, pants, $3,310, Givenchy, Miami; belt, $620, net-a-porter.com; boots, $3,625, select Barneys New York, 888-822-7639. Hermès bag, stylist's own; similar styles at hermes.com. **Page 87:** Erdem top, $1,730, skirt, $4,395, erdem.com. In-House Atelier head scarf, $65, inhouseatelier.com. Brock Collection apron, $175, A'maree's, Newport Beach, CA, 949-642-4423. Delfina Delettrez ring, $830, earrings, $920 each, matchesfashion.com. Miu Miu shoes, miumiu.com. **Page 88:** Marc Jacobs dress, $3,900, marcjacobs.com. Repossi rings, $3,995 each, barneys.com. **Page 89:** Michael Kors shirt, $595, skirt, $9,995, belt, $295, shoes, $950 (for similar styles), select Michael Kors stores. Fred Leighton earrings, Fred Leighton, NYC. **Page 90:** Delpozo gown, $39,300, net-a-porter.com. Fred Leighton earrings, Fred Leighton, NYC. No. 21 shoes, $536, modaoperandi.com. **Page 91:** Chanel jacket, $6,350, top, $2,700, skirt, $4,500, pants, $2,300, hat, $850, necklace, $3,625, belt, $850, shoes, $1,350, select Chanel stores.

REESE GOES WILD
Page 92: J. Mendel gown, $7,200, J. Mendel, NYC. Uribe earrings, $220, Opening Ceremony, NYC, L.A. Ruifier gold ring, $355, ruifier.com. Narciso Rodriguez heels, similar styles at narcisorodriguez.com. **Page 95:** Gucci dress, $2,100, select Gucci stores; gucci.com. Ruifier ring, $355, ruifier.com. **Page 96:** Mugler dress, $2,415, select Neiman Marcus. Phyne by Paige Novick diamond earring, $2,900, Saks Fifth Avenue, NYC.

THE BODY PROJECT
Page 98: Alexander Wang top, $225, Alexander Wang, NYC. Stella McCartney jumpsuit, $4,095, Stella McCartney, NYC. Nicholas Kirkwood for Erdem sandals, $1,795, Dover Street Market, NYC. **Page 99:** Donna Karan New York shirt, $750, donnakaran.com. Marni briefs, $410, select Marni stores; marni.com. Trademark hat, $98, trademark.com. Fay Andrada bracelets, $142 for three, ring, $104, fayandrada.com. **Page 100:** Azzedine Alaïa dress, $4,895, The Webster, Miami. Fay Andrada earrings, $152, fayandrada.com. **Page 101:** Mikoh swimsuit, $284, mikoh.com. J.W. Anderson hat, $795, Dover Street Market, NYC. **Page 102:** Lisa Marie Fernandez swimsuit, $385, select Saks Fifth Avenue. **Page 103:** Boss dress, hugoboss.com. Acanthus Jewelry ear cuff, $192, acanthusjewelry.com.

VICE GIRL
Page 106: Vince sweater, $245, select Saks Fifth Avenue. MiH Jeans jeans, $216, mih-jeans.com. Jennifer Alfano chain, $1,100, pendant, $1,875, Just One Eye, L.A., 888-563-6858. Rings, from left: Michelle Fantaci, $290, Fivestory, NYC. Aurélie Bidermann, $235, Aurélie Bidermann, NYC. 3.1 Phillip Lim mules, $475, 31phillip lim.com. **Page 107:** Equipment blouse, $248, equipmentfr.com. Michelle Fantaci arrowhead necklace, $720, Fivestory, NYC. Jennifer Fisher necklace, $250, jenniferfisherjewelry.com. **Page 109:** Saint Laurent by Hedi Slimane dress, $4,750, Saint Laurent, NYC. Will Leather Goods belt, $60, willleathergoods.com. Christian Louboutin flats, $865, christianlouboutin.com for stores.

MEET THE MIDI
Page 110: Top, $2,600, skirt, $2,800, Bergdorf Goodman, NYC. Earrings, $195, charm andchain.com. Necklace, $265, kirnazabete.com. Wood bangles, $3,400–$3,830 each, kararossny.com. Resin bangles, $28 each, 866-336-7666. Sandals, $1,055, Stella McCartney, NYC. **Page 111:** Knit dress, $760, Issey Miyake, NYC. Dress, $1,995, Chloé, NYC. Skirt, $1,850, net-a-porter.com. Earrings, $300, briholloway.com. Wood bangle, $35, rjgraziano.com. Brass bangle, $695, Stella McCartney, NYC. Jill Haber bag, $1,995, sharisplace.com. **Page 112:** Sweater, $650, 3.1 Phillip Lim, NYC. Red top, $290, acnestudios.com. Skirt, $175, theoutnet.com. Necklace, $1,295, Stella McCartney, NYC. Cuff, $600, ring, $400, bri holloway.com. Clutch, reecehudson.com. **Page 113:** Dress, $595, similar styles at M Missoni; m-missoni.com for stores. Skirt, $595, M Missoni, NYC. Top, $590, Neapolitan, Winnetka, IL, 847-441-7784. Belt, $215, meredithwendell.com. Clutch, $1,315, dsquared2.com. **Page 114:** Vest, The Row, L.A., 310-853-1900. Sweater, $1,190, net-a-porter.com. Skirt, Thom Browne New York, NYC. Necklace, $1,295, clutch, $2,935, sandals, $1,055, Stella McCartney, NYC, 212-255-1556. Ring, $400, bri holloway.com. Pono by Joan Goodman bangles, $130 each, 866-336-7666 for stores. Ben-Amun by Isaac Manevitz bangle (in center), $20, ben-amun.com.

CLARIFICATION
On page 99 of our December 2014 issue, in outfit 30, the model is wearing Shimmer Jewelry Tattoos temporary tattoos, $10 for four sheets, buyshimmer.com.

ALL PRICES *are approximate.*

GLAMOUR IS A REGISTERED TRADEMARK OF ADVANCE MAGAZINE PUBLISHERS INC. COPYRIGHT © 2015 CONDÉ NAST. ALL RIGHTS RESERVED. PRINTED IN THE U.S.A. VOLUME 113, NO. 1. GLAMOUR (ISSN 0017-0747) is published monthly by Condé Nast, which is a division of Advance Magazine Publishers Inc. PRINCIPAL OFFICE: Condé Nast, One World Trade Center, New York, NY 10007. S. I. Newhouse, Jr., Chairman; Charles H. Townsend, Chief Executive Officer; Robert A. Sauerberg, Jr., President; David E. Geithner, Chief Financial Officer; Jill Bright, Chief Administrative Officer. Periodicals postage paid at New York, NY, and at additional mailing offices. Canada Post Publications Mail Agreement No. 40644503. Canadian Goods and Services Tax Registration No. 123242885-RT0001. Canada Post: Return undeliverable Canadian addresses to P.O. Box 874, Station Main, Markham, ON L3P 8L4. POSTMASTER: SEND ALL UAA TO CFS. (SEE DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: SEND ADDRESS CORRECTIONS TO GLAMOUR, P.O. BOX 37690, BOONE, IA 50037-0690. FOR SUBSCRIPTIONS, ADDRESS CHANGES, ADJUSTMENTS, OR BACK-ISSUE INQUIRIES: Please write to GLAMOUR, P.O. Box 37690, Boone, IA 50037-0690, call 800-274-7410 or email subscriptions@glamour.com. Please give both new and old addresses as printed on most recent label. Subscribers: If the Post Office alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. If during your subscription term or up to one year after the magazine becomes undeliverable or you are ever dissatisfied with your subscription, let us know. You will receive a full refund on all unmailed issues. First copy of new subscription will be mailed within four weeks after receipt of order. Address all editorial, business, and production correspondence to GLAMOUR Magazine, One World Trade Center, New York, NY 10007. For reprints, please contact reprints@condenast.com or 717-505-9701 ext. 101. For re-use permissions, please contact permissions@condenast.com or 800-897-8666. Visit us online at www.glamour.com. To subscribe to other Condé Nast magazines on the World Wide Web, visit www.condenastdigital.com. Occasionally we make our subscriber list available to carefully screened companies that offer products and services that we believe would interest our readers. If you do not want to receive these offers and/or information, please advise us at P.O. Box 37690, Boone, IA 50037-0690 or call 800-274-7410. GLAMOUR IS NOT RESPONSIBLE FOR THE RETURN OR LOSS OF, OR FOR DAMAGE OR ANY OTHER INJURY TO, UNSOLICITED MANUSCRIPTS, UNSOLICITED ARTWORK (INCLUDING, BUT NOT LIMITED TO, DRAWINGS, PHOTOGRAPHS, AND TRANSPARENCIES), OR ANY OTHER UNSOLICITED MATERIALS. THOSE SUBMITTING MANUSCRIPTS, PHOTOGRAPHS, ARTWORK, OR OTHER MATERIALS FOR CONSIDERATION SHOULD NOT SEND ORIGINALS UNLESS SPECIFICALLY REQUESTED TO DO SO BY GLAMOUR IN WRITING. MANUSCRIPTS, PHOTOGRAPHS, AND OTHER MATERIALS SUBMITTED MUST BE ACCOMPANIED BY A SELF-ADDRESSED, STAMPED ENVELOPE.

Have trouble finding something? Email us at **personalshopper@glamour.com.**

Who Are These Caped Crusaders?

The Dos & Don'ts of the new coat alternative



Do wear it with anything you'd top with a peacoat. Nice!



The late, great Michael Jackson is the only person who could have pulled this off. So, sorry, it's a Don't.



Olivia Palermo goes classic with jeans and a white blouse.



Stylist Leaf Greener knows: When the cape is its own statement, leave the rest simple.



Love the cape, but it's her confidence that makes this one a Do.



The muted color is key to keeping this out of Little Red Riding Hood territory.



Unless it's Halloween, a floor-length superhero-style cape is a Don't.



Paired with metallic flats, fashion blogger Cindy Ko's mock turtleneck version is a whole killer outfit.



Don't have a cape? Fake one by draping a coat over your shoulders, as Ciara (in Valentino) does. It's a Do!

GRAY CAPE, BROWN CAPE: SANDRA SEMBURG/BLAUBLUT EDITION/TRUNK ARCHIVE. RED DON'T: MERCURY PRESS/SPLASH NEWS. PALERMO: CHRISTOPHER PETERSON/SPLASH NEWS. GREENER: KIRSTIN SINCLAIR/GETTY IMAGES. CIARA: JACOPO RAULE/GC IMAGES. KO: VANNI BASSETTI/GETTY IMAGES. BLUE DON'T: DIPASUPIL/GETTY IMAGES. RED CAPE: VALENTINA FRUGIUELE/BLAUBLUT EDITION/TRUNK ARCHIVE